

ALCOHOL

1404/1983



TEHRAN - IRAN.

NOTE

This booklet was originally published by Peermahomed Ebrahim Trust in Karachi (Pakistan).

Since the booklet has been found useful and interesting, action has been taken to republish the same in order to put as many copies within the reach of people throughout the world.

World Organization for Islamic Services,
P.O. Box: 11365-1545,
TEHRAN. (Iran)

BISMI 'L-LAHI 'R-RAHMANI 'R-RAHIM

- (i) Revile not them (the idols) whom they invoke other than Allah, lest they maliciously revile Allah without knowledge. 6:109
- (ii) There is no compulsion in religion. 2:256
- (iii) Obey Allah and obey the Messenger and beware, but if ye turn back then know ye all that nothing is incumbent upon Our Messenger but to proclaim. 5:92
- (iv) Call to the way of the Lord by reasoning and likeable exhortation: and argue with them in a decent manner. 16:125
- (v) And hold ye fast by the cord of Allah all together and be not divided (among yourselves). 3:103
- (vi) Verily: I am Allah there is no god but I, therefore submit to Me and offer prayers to mention Me. 20:14
- (vii) Recite from the Book revealed to thee and offer prayer. Prayer restrains from filth and evil. And remembrance of Allah is the greatest (thing in life) without doubt and Allah knows what you do 29:45
- (viii) O my Son: Offer prayers and enjoin the good and forbid the evil and be patient whatever befall thee: for this is firmness in the conduct of affairs. 31:17

BISMI 'L-LAHI 'R-RAHMANI 'R-RAHIM

ALCOHOL

CONTENTS

	Page No.
Content	i-iv
Alcohol and Alcoholism	1
The Rationals of the Revenues of State from	
Liquor	4
Revenues	8
Moderate Alcohol and Efficiency ...	11
Alcohol Produces Paralysis of Judgement ...	13
Drinks are not to be Classed	15
Bear Deposits Fat Around the Heart . ,	17
Bear Makes People Ferocious and Beastly ...	19
Do not Indulge in Drink and Gambling ...	20
The Effects of Alcohol	22

(ii)

Some Instructive Tests	25
Three kinds of Test	29
Mental Efficiency	30
Alcohol is Ready Solvent of Fat		...	33
Whiskey Sans Spirit	35
A Psychological Truism	36
Drinkers Cause Accidents	38
Alcohol is Simply the Hub of a Vicious Wheel	41
feeble mindedness	42
Crime and Indecency	44
Some Statistics	46
30 Shops	49
Consumption of Drinks in America		...	50
Yearly Expenses in America	51
Expenditure of Alcohol	53
The Truth about the Beer...	54
Sale of Beer in England	55
Drinker's Stomach	64
Alcohol and Crime	66
Drunken Fathers and Mothers...		...	69
The Liquor Trade	73
The Part Played By Alcohol	79

Booze is the Matter of Crime	85
Vices to which Alcohol Gives Birth		89
Alcohol is a Poison	98
Alcohol is Dangerous	101
Children of Drinking Fathers	103
What is Alcohol	104
Faculties	110
Is Alcohol A Medicine	112
Gospel Advocate Says	112
Republic of South Africa Mr. R.B.Durrant		
says	113
Japanese Proverb	113
Dr. Charles Richet of Paris Says	...	113
Mr. W.J. Says	113
Sir Alfred Pearce Could K.C.V.O., M.S..		
F.R.C.S. Says	114
Professor A. Toynbes Says...	114
DRINKING - Dr. Charles Richet of Paris Says ...		115
Bishop Carpenter Says	115
Gladstone Says	115
David M. Kay Says	116
Evening Standard	116
Sir William Wileox M.D. Says	116

Dr. Charles Richet of Paris Says	...	116
Early Detection is Protection Known these		
Early Warning Signals of Alcoholism	...	117
Islam's Approach to the Problem of Drink...		117
Allah Says	118
Divine Ban on the use of Liquor	...	123
Anything Cories Under the Heading	...	124
Drinking is more Heinous Sin than		
Adultery	126
Punishment for Drinking in Islam	...	132
The Holy Month of Ramzan	132
The First Case After the Dimise of Holy		
Prophet (S.A.)	133
A case of Penalty with Regard to Drinkers		135
Drinking (Alcohol)	136
Deriving Wrong Meaning from the Verses		
of the Holy Quran	136
From the Holy Quran	139
From the Holy Prophet (S. A.)	141
Wine Root of all Evils	143
From Hazrat Ali (A.S.)	143
From Hazrat Imam Jafar-i-Sadiq (A.S.)	...	144

BISMI 'L-LAHI 'R-RAHMANI 'R-RAHIM

ALCOHOL AND ALCOHOLISM

The term alcohol is applied to a wide range of organic chemical compounds of carbon, hydrogen and oxygen in different proportions of combination, with varying properties. Of these the most well-known are the two alcohols, namely, the methyl or wood spirit and ethyl or the wine spirits. Methyl alcohol is very much in demand in many industries. It is a deadly poison even in small doses. Blindness is not an infrequent consequence of its consumption in very minute quantities. Ethyl alcohol is not so swift in its effects, though its slow-poisoning effects are as frightful. For unknown ages it has continued to give rise to moral, social and economic problems. Individuals, families, nations and whole civilisations have succumbed to its invidious influence and gone down to ignominious oblivion.

The saner elements of the whole world and of all ages have consistently condemned its use, yet so deductive are the powers it exercises on a certain build of the mind, that few countries have succeeded in banishing its use as an intoxicant. Ever new labels and Scientific techniques for its manufacture are invented by the votaries of Bacchus to rope in the unwary victims. The old days methods of fermenting liquor in the dung heaps as part of the process has given place to the multi-millionaire projects for the manufacture of wine spirits. Vast tracts of fruit-growing lands that would support the starving millions are reserved for destroying the healthy stocks of humanity. What was intended by Benign Providence for the growth and maintenance of life and health has been diverted to channels of self-destruction and disease by the so-called rational man. Such morally, socially and economically destructive activities are being carried on under the very eyes, nay the active patronage of the states that cry themselves hoarse

and champions of the common man's welfare. Intoxicants are of many-fold benefit to the kuarish among the politicians. They bring in revenue. They encourage crime and goondaism, which are important factors in over-adding and corrupting the voters. A stern warniug against the liquor magnates growing political power was issued by the late Theodore Roosevelt, President of the United States of America, in the following words. "It is now a question whether the liquor interests are to dominate your parties, dominate your public life and dominate your government." As to how far the liquor interests exert their sinister influence may be gathered from the following statement of a high police officer of Chicago, Mr. J.N. Flynn. He says, "Every time I arrest a man who is running a 'blue pig' (an illicit liquor shop). I find when I go to court, that the representative of the brewery has been there before me. He threatens whatever judge is sitting there with political death if he doesn't

Listen to resson." Mr. Rabert J. Northold, an attorney of the same city stated that the breweries are behind the Chicago 'blue pig' men and fight tooth and nail to have them discharged when we have them arrested. Lieutenant John M.C. Carthy adds to the above statements the following :-"If it was not for the politicians and the influence of the breweries, I would drive the blind pigs' out of Rogers Park in four weeks."

Backed by the great political influence which the big business magnates of the liquor trade have come to possess in the political life of the Western Countries, they violate every instinct of decency and break or evade every law made for their control with the single exception of the law requiring them to pay tax.

THE RATIONALS OF THE REVENUES OF STATE FROM LIQUOR. Businessmen in the liquor trade do not grudge the taxes they

are called upon to pay, simply because such taxes are shifted on to the pockets of the consumers. A State which proposes to augment its revenues from liquor is in no better position than a grabbing brewery, on a gigantic scale. By licensing the manufacturing and sale of this universally obnoxious commodity, the state gets committed to a three fold function in the demoralising process of corrupting its people to wit, permission, protection and promotion. In a memorable speech delivered before the British House of Lords on February 21, 1743, during the hey day period of British hegemony Lord Chesterfield assailed the principle of licensing liquor trade. More than two hundred years back, this broad-minded statesman laid emphasis on the evils that would spring from the licensing system that was then being introduced. Speaking on the legislative measure on the anvil, he thundered, "To pretend, my lords, that the design of this bill is to prevent or diminish the use of spirits, is to trample upon common-sense and

to violate the rules of decency as well as of reason. For when did any man ever hear that a commodity was prohibited by licensing its sale, or that to offer and refuse is the same action? Surely it never before was conceded by any man entrusted with the administration of public affairs, to raise taxes by the destruction of the people. For there is no doubt but those on whom the inventors of this tax shall confer authority will be directed to assist their masters in their design to encourage the consumption of that liquor from which such large revenues are expected, and to multiply without end those licences w:^h are to pay a yearly tribute to the crown. When I consider, my lords, the tendency of this bill, I find it calculated only for the propagation of disease, the suppression of industry, and the destruction of mankind. I find it the most fatal engine. that ever was pointed at a people-an engine by which those that are not killed, will be disabled and those who preserve their limbs will be deprived of their senses."

This brilliant indictment of national policies by the saner elements of the British political life, reverberates across the centuries as a warning to the nations of the world. The short-sighted politicians ignored the warning and in the short span of decades, the British Empire has crumbled down to dust more ignominiously than any historically known precedent of yore. Only two decades back it was a boast that the sun never set in the British Empire. Contrast this boast with the blatant fact that even in the British Isles there is a persistent fog overclouding the sun most of the year. Of the three potent factors responsible for such catastrophic downfall - wine, women and wealth- the first one has certainly been productive of the greatest evil. Great statesmen like Lord Chesterfield, Edward Burke and Lord Acton failed to convince the Britishers that this world could not be held as a wine-shop of exploiters. "What is morally wrong cannot be politically right," was the motto with the Saner among the British leadership. The

nation pays many millions to the liquor business directly through its constituent citizens, and many millions more in impaired efficiency of its workers and in productivity sacrificed to the parasitic business." These observations of an astute economist of America, clearly point to the folly of governments which seek to augment their revenues by licensing liquor traffic. Even in budgetary figures, the governments which opt 'dry', under certain conditions are never at a loss, for the money saved by the consumer from liquor is by him re-routed to the purchasing of usual goods, and the establishment of a healthier and more efficient level of living. The healthier physical, mental, moral and spiritual standard which springs from a reformed outlook on life on the part of the individuals composing the nation, is the real asset of value to the individual no less than to the nation. He would work more efficiently, earn more munificently, spend more judiciously and thereby pay more taxes indirectly, besides contributing solidly to the

national fund by his improved efficiency. With temperance, which has been defined as moderation in the use of every thing good and abstinence from the use of everything bad, in the field of human activities and mutual relationships, a state is a pure gainer on all counts—increased efficiency and consequent increased output and decreased waste of human energy. Accuracy of judgement, avoidance of accidents, tactful handling of colleagues and subordinates, observance of discipline, punctuality, reticence in matters of confidence are all such matters that affect the efficiency of the workers on the one hand and on the other relate to the problems of temperance and drink. To the industrialised set-up, therefore, the question of liquor traffic is even more important in its economic bearing than one of academic morals.

MODERATE ALCOHOL AND EFFICIENCY

One of the outstanding figures of the World of science, says, "Work and alcohol do not belong together, especially when work demands wide awakesness, attention, exactness and endurance." Alcohol has been the subject of scientific investigation, as a problem effecting almost every facet of human life-industrial economic, administrative, social, political etc. Over and above its moral and spiritual bearing on the individual as a component unit of the complex human relationships. There is complete unanimity among the experimenters as to the impairment of efficiency of the individual on all planes of activity.

The exact amount of damage which a person suffers as a result of consumption of even moderate quantities of alcohol, however, varies from individual to individual according to each

one's bodily and mental blindness. A very considerable factor in laboratory experiments, however, is that the person under observation is, so to say, in a resisting mood, endeavouring to act as sober as possible. This naturally affects the results. His efficiency does not sink to the level of a relaxing, bragging drinker.

Another important factor which prevents the correct appraisal of the depreciation in efficiency, is the measured quantity, which is allowed in the atmosphere of the laboratory, as a dose by itself. In actual life, on the other hand, the same quantity is yet another dose piled upon the leg-over effects of the previous doses. In the laboratory the person is challenged to fight the effects, with all the success he can command, while in actual life he endeavours to intensify the effect psychologically. The results of laboratory experiments, as such, fall very much below those that accrue in actual life, Even with such conditions favouring the alcohol

in the laboratory, the state of affairs disclosed thereby is a staggering revelation of the loss of efficiency suffered by a worker even as the result of 'moderate' drink.

It is admitted by the research scholars and experimenters in the field THAT THERE can be no such thing as a moderate use of a poison. As Sir Victor Horsely, M.D. the distinguished British Surgeon, puts it, "In reality we have no proof that a minimum and a permissible dose of alcohol exists at all. Other eminent authorities agree with this verdict of the British Surgeon, among them Sir Londer Brunton M.D. says. "Alcohol produces progressive paralysis of judgement and this begins with the first dose." Dr. McAdam Eccles gives his considered opinion as follows, "A daily moderate dose of alcohol taken in the form of alcoholic drink has a tendency, quietly but surely to destroy the tissues of the body." The world renowned physician Dr. Quensel of Leipzig says, "Even small quan-

titles of alcoholic drink may result in pronounced changes, especially of the cystic functions, in a decrease in the clearness of sensory perceptions, in the impairment of thought and judgement, in a dulling of the finer emotions and in the inhibition and disturbance of the coordination of movements " Dr. Irwin H. Neil, superintendent of the Norfolk, State Hospital for Inebriates (drunkards) at Norfolk Massachusetts, asserts that the moderate drinker is even more liable to suffer from organic diseases than the man who occasionally becomes drunk.

"The small dose is particularly dangerous in jobs where alertness of mind and body in the interests of the safety of the worker and his charge, becomes essential for his efficiency. as in driving for example. The heavily drunk driver is easily detected, in fact mostly in-capacitated for any mischief. The moderate dose, however, deludes him into the belief that he is in possession of his faculties, while as a matter of fact, his driving judgement as also his muscular co-ordi-

nation is badly impaired. Such a person is naturally a menace to public safety as also to his own life on the highway. A slight swerve in the wrong direction, an inadvertent disregard of a road signal, a small miscalculation in judgment may result fatally by colliding with any of the millions of vehicles on the nation's highways or by overwhelming some unwary pedestrian, or even by dashing against electric poles, trees and walls.

Dr. Benedict, director of the Nutrition laboratory of the Carnegie Institute of Washington sums up the situation when he says that after very moderate doses of alcohol, virtually all individuals are effected with general depression of nerves and muscles, lessened sharpness of vision, and lessened eye-hand motor co-ordination. "The driver of an automobile in the traffic of a modern American city has no business to undertake his task after drinking even these so-called permissible amounts of alcohol clearly dilution

even to 2.75 per cent, cannot solve the alcohol problem, nor can it alter our estimate of the effect of alcohol upon human efficiency Inflexible science say: Moderate user, keep off. For at least four hours after a dose of alcohol formerly considered 'permissible' for you as a motor vehicle operator, may well be considered a menace to Society."

This is not an individual doctor's personal opinion. But the verdict of exhaustive vested interests of the manufacturers of all liquor products are shrewdly trying to delude the gullible populace to believe that beer and other so-called light drinks are not to be classed under alcoholic drinks beverages. These drinks also have been subjected to searching laboratory investigations, which have totally discredited the claims of the brewers, that they are in any way less poisonous. They have been found to contain no food value. As a matter of fact, they show the way to stronger and more persistent habits for drink.

Dr. Charles Gilbert Devis of Chicago arraigns beer in no un-equivocal terms. Says he, "Beer produces disease of the stomach, kidneys, heart and blood-vessels. Owing to its diuretic affect, the alcohol in the beer is diverted to the kidneys, which probably accounts for its destructive action on those organs. It causes a deposit of morbid fat in the body especially around the heart, enlarges that organ, and increases the work of the heart and the blood vessels, manifested by the fatigue and shortness of breath of all beer drinkers

Beer deposits fat around the heart, weakens its muscular walls, thickens and enlarges the ventricles and if continued, ultimately cuts short the life of the individual. All of this has been proven time and again by the post mortems of Bloinger, who has examined and weighed the hearts of many beer drinkers. This is a terrible scientific arraignment of beer, but it is true."

Dr. Struempell, the eminent German physiologist regards beer as no less an enemy of Society than any other alcoholic drink. His verdict is expressed in the following dear terms: Nothing is more erroneous from the physicians' standpoint than to think of diminishing the destructive effects of alcoholism by substituting beer for other alcoholic drinks.

The Scientific American, in describing the intellectual desolation and brutalization resulting from the beer habit, has the following imflattering remarks thereon: The most dangerous class of ruffians in our large cities are beer drinkers. Intellectually a Stupor amounting almost to paralysis arrests the reason, changing all higher faculties into a mere animalism, sensual selfish, sluggish, varied only by paraysms' of anger senseless and brutal. In appearance the beer drinkers may be the picture of health, but in reality he is most incapable of resisting disease. A slight

injury, a severe cold or a shock in the body or mind will provoke acute disease ending fatally. Beer drinking in this country produces the very lowest kind inebriety, closely allied to criminal insanity.

"Beer makes people ferocious and beastly," is the testimony of the French doctor, Fiessinger, to which may be added the remarks of the Pacific Medical Journal which declares that beer is most animalising, inciting the user to deliberate and unprovoked crime. The following words of a suffering house-wife are also note-worthy in this context. "When my husband drinks whisky, he soon gets stupid; but when he drinks beer, he runs after me with a knife." These observations of the same elements of all lands and of all ages, can be multiplied and infinitum. They are, however, quite enough to discredit the claims of vested interests in behalf of beer and other forms of the so-called "light sort of drinks."

There is no sort of alcoholic beverage and no minimum dose which can be called safe for human consumption - in fact for any living organism. The very living organisms of yeast which convert fruits and grains into alcohol die when only thirteen and a half percent of the raw materials has passed into.

DO NOT INDULGE IN DRINK AND GAMBLING

The ill effects of alcohol are many while its advantages are few indeed. Firstly, the alcoholics gradually lose the power of working with their own strength and gradually slip into a condition where they cannot go on with the artificial and borrowed stimulation from drinks; secondly, the will power of the alcoholic almost completely disappears in time, and they are thus made the victims of various moral and physical weaknesses which only degrade them.

There are also some people of a balanced temperament who keep their drinking within limits. But it has been observed that even in such cases, both, physical and moral damage undoubtedly takes place and had they not taken even that limited quantity of alcohol, they would have been better people in every respect.

In his book "Applied Pharmacy" Dr. A. J. Clark has listed the findings of many experiments about the effects of alcohol consumption. Some experts would convey an idea of the conclusions reached by scientists:-

In 1920 Smith and Mcdugali demonstrated experimentally that in the first stage of intoxication when the proportion in blood is less than 2 milligram per on cubic centimeter, apparently there is no effect on the system of the drunkard. But detailed experiments show that the speed of all activities and the

general health are deleteriously affected. The inhibiting force of the emotions weakens and the centres exercising control over the emotion get so vitiated that every impulse of the drunkard gets immediately manifested.

The effects of alcohol are easily recognised at the second stage after careful study. All activities get tainted. Gait becomes unsteady and talk gets less circumspect. Well-developed movements become way-ward. Self-control is seriously impaired. Man gets into a stupor in the third stage, which borders on torpidity and stupefaction. Another increase in the alcohol content of the system damages the respiratory system.

The use of alcohol to maintain temperature is also absurd. It should never be used to counteract cold, for alcohol reduces the capacity to preserve bodily heat. Experiments on animals have proved that

those who received alcohol were more readily killed by cold as compared with those that received nothing of the sort. Alcohol is beneficial for persons who get shelter in a warm place after having been exposed to severe cold. Alcohol has little food value, for it is not among the tissue building materials that replace shattered tissues of the body. There are two types of fuel-foods that maintain constant temperature of the body, to wit, those that are stored in the body for use on appropriate occasions. Alcohol is excluded from this category. It may, however, be regarded as an easily assimilable material, for it is assimilated by the blood within five minutes and starts its action accordingly.

Even with normal health the use of alcohol does not activate the nervous system, rather it slows down the nervous process and renders their activities unstable. It throws a light veil over the brain. A peculiar effect of alcohol is that it lowers the scrutinizing potency and one's actions

in their crude form become satisfying to him. This defective judgement persists for hours. Alcohol deteriorates the ability to bear any kind of hard physical fatigue. Its use perverts action and brings on fatigue quicker".

After this, it is little else but regrettable that people still being themselves to become to enamoured of alcohol. It is a different matter if alcohol is taken on a doctor's advice as medicine. But to get one's self addicted to it, and become its' slave, is positively unbecoming of the inherent dignity of man.

Besides, it is also a waste of good money. This is a case where man buys mad men with his hard earned money. A person drinks this stuff only to loss his senses and his power of reasoning, and stoops to more gibberish nonsense. Not unoften we find ourselves revealing important information to our very enemies under the influence of alcohol.

In short getting addicted to alcohol is like throwing one's self in the gutters only to die in that muck. The house, the family all is pushed into ruin, and there is no calamity which is too great for alcohol to bring upon the heads of its worshippers. Alcohol, because of the poisonous effects of the products, which is so dilute and of which the higher potencies are obtained by the process of distillation.

SOME INSTRUCTIVE TESTS, which have been devised to measure the effect on human efficiency, of calculated doses of alcohol, will be of interest to the inquisitive reader. Thousands of studies, demonstrations and laboratory experiments have been undertaken to gauge the mischief which the use of alcohol perpetrate: on the working capacity of the intellectual no less than of the manual worker. To pile up all this evidence would be tedious indeed, and yet the following typical experiment of Dr. J. J. Ridge of England has a value of its own in demonstrating in a

simple way the deterioration in efficiency which invariably results from alcoholic drinks - both light and strong, in small or large doses.

"Some years ago, I constructed instruments to test the effect of small doses of alcohol on the sense of touch and muscular sense. The instrument for testing consisted of two fixed upright points, about half an inch apart, and between these a third point, which could be moved so as to approximate to one or the other. The individual moved the Centre until he considered that it was midway between the two. The movement of point was registered on a dial. The degrees on the dial were arbitrary, but fourteen experiments on five persons showed that whereas the average divergence from the actual centre, before taking alcohol, was represented by 115 degrees on the dial, after taking alcohol these were 1898 degrees, and in no case was there any improvement. Hence the sensitiveness of the touch is clearly deteriorated, by small doses of

alcohol, although the persons experimented on were quite un-conscious of the attention. The nature of the experiment is also to some extent a test of the judgement or power of perception, and it does not show which link or links in the chain of sensation would chiefly be affected."

Another demonstration of the effect of alcohol upon physical efficiency took place on the occasion of a sixty-two mile walking match at Kiel which was held to decide the championship in longdistance walking among German athletes. It was open to all, irrespective of their habits in regard to alcohol. The contestants in the match, however, were required to give full particulars before hand to the committee in charge of the affair in this behalf. Of the 83 contestants, there were 24 abstainers and yet they won 40 percent of the prizes. Among the remaining 59 persons, then were 2 who had used no alcohol for months in preparation for the contest. They

too won prizes. Among the first 25 men to reach the goal, 60 percent were abstainers only 2 of the 24 abstainers failed to reach the goal while 30 of the 59 drinkers were unable to complete the walk.

Yet another interesting test was undertaken by Lieutenant Bengt. Boy, of Carls - Krona Grenadiers in the Swedish Army, and others, by way of measuring exactly the effect of small doses of alcohol on target shooting, which was at a distance of 200 feet. These tests covered a series of experiments and were held on the regular army maneuver grounds at Stockholm. "The experiments, carried out by six men, all excellent marksmen, and all used to alcohol were divided into three series each lasting several days. During the first and third series the men were entirely abstinent. During the second series, lasting five days, the men took a **small definite amount** of alcohol daily.

There were three kinds of tests. In the first and second tests, the men took about two thirds of a wine glass of brandy (containing a little more than an ounce of alcohol) from 20 to 30 minutes before the firing and an equal amount of alcohol on the evening before.

In the precision test of shots, every man showed less precressor, and made fewer points when influenced by alcohol. In the quick firing test each man fired a round of 30 shorts in 30 seconds, On the first series of abstinent days, they hit the target, on the average, 23 out of 30 times. But the alcohol days told a different story. The wind, the weather, and the light conditions were better than on the abstinent days, yet the effect of so little alcohol as that in about two glasses of beer twice a day cut down the average to only 3 hits is 30. Again on the abstinent days, the firing improved and the men averaged 26 hits out **of 30 shots.**

"Third were the endurance tests, two trials of 200 shots each. Here the amount of alcohol used was the least of all, less than two glasses of beer (four fifth of an ounce of alcohol), taken half an hour before the test, yet the result was the same. Although without alcohol the men made 359.5 points, on the alcohol days they made only 277.5 points, nearly a third less."

"The men thought they were doing better on the alcohol days. One of the corporals said after laying down the gun, ~, I am sure a man can shoot better when he has had a little brandy" but the results proved how grievously he misjudged."

MENTAL EFFICIENCY

Mind and body are so intimately linked that the effect on one is as a matter of course, reflected with proportional intensity on the other. The brain -as the instrument of the mind, is very deleteriously affected by even very small

doses of alcohol. In the words of Dr. Chapple of London "Alcohol is a poison, having a specific affinity for the nerve centres of the brain. and paralysing those centres in the inverse order of their development the last developed suffering most." In other words the higher qualities of the mind are attacked first and suffer the most. "Civilized man equals the brute animal plus the brain development. Alcohol blots out the higher brain development and leaves the brute animal. Even a very little **alcohol not showing itself** in drunkenness, has a damaging effect on the human brain." In these words has been summed up the alcoholic affinity for the nervous centre as a poisoning and denaturing factor.

The man who becomes intoxicated by the alcoholic poison, as such, "loses first his sense of decency, his ability to think clearly and accurately and to associate ideas. As his intoxication progresses it affects those nerve and brain powers which control the senses. He begins to see double,

to be unable to control his movements, his powers of smell, hearing and sight are distinctly lessened. It has been well-said that intoxication epitomizes the whole history of insanity. The man who becomes dead drunk within the space of a few hours undergoes very much the same changes as the man who gradually becomes insane, and he who keeps his association and motor senses slightly drugged all of the time by 'moderate' drinking is not entirely a sane man. He is constantly drunk to some degree and is therefore constantly insane to some degree.

"The day has passed when any intelligent and informed person could boast of the ability to 'carry liquor well'. Such ability is not a sign of a strong body but of a weak brain. The brain which is not sensitive to alcohol is an atavistic product." This is indeed a very unflattering commentary on the alcohol poison by an eminent American authority on the basis of direct experience of the situation prevailing around. But it is a truth, pure and simple.

Alcohol is a ready solvent of fat, and the brain cells being composed largely of fatty tissue are, as such, the peculiar domains of alcoholic poison. In fact, as is well-established every poison has a peculiar affinity for certain specific organs of the body, for instance lead for the muscles of the wrist, mercury for the salivary glands, arsenic for the stomach wall, Strychnine for the spinal cord, and alcohol for the brain cells. The brain cells, once damaged, as it often happens in cases of continued drinking, are never replaceable.

EXPERIMENTS with particular reference to the damage which the brain cells suffer as a result of alcohol poisoning have been conducted by physicians of note in Europe and elsewhere. They have demonstrated beyond the shadow of doubt that the consumption of even very small quantities of alcohol has a distinctly deleterious effects on mental efficiency. "One glass of beer will decrease the powers of memory, reason and perception for a certain length of time, and steady

so-called moderate drinking produces an abiding impairment of the mental capability. Investigations made by Dr. Alfred Stehr, in Germany disclosed a distinct loss of efficiency on Mondays, after the drinking on Sundays, among a group of workers in Dresden. This loss amounted to 28.5 percent.

Dr. Exner of Vienna, found as a result of his experiments to determine the effect of alcohol on the ability of the subject to respond quickly to a flash of light, that "A small quantity of alcohol would distinctly lengthen the reaction time, and when the test was complicated by requiring the subject to press a right or left telegraph key, as might be suggested by the signal a very small quantity of alcohol was found to increase greatly the liability to error. Another research worker Dr. Krapelin has demonstrated that alcohol has virtually the same effect upon mind and strain.

A news item as appeared in the Dawn of 23rd May 1969 is given below :-

"WHISKEY SANS SPIRIT"

- i) LONDON. May 22: The days when one can drown one's sorrows in alcohol might be numbered in Britain.
- ii) A group of Bristol University research workers claims to have discovered a way to take the alcohol out of the, alcoholic drinks without changing their taste in the slightest.
- iii) An Official organisation, the National Research Development Council, has agreed to finance further research in view of its interest in particular for motorists
- iv) But not everyone feels the discovery is worthwhile, Medical Professor, Dr. Francis Camps who recently carried out

a study on alcoholism, said on Monday that such research was a waste of public money. He said that if people drank alcoholic drinks it was not for the drink itself but for the alcohol it contained and its effects.

- v) He also pointed out that the state takes 95 per cent of the price of a bottle of whisky in tax to persuade people to stop drinking. It would be to those a very profitable source of revenue."

It is a psychological truism that any habit which affects the workers ability to judge quickly and accurately, or by which the faculties of sight, hearing and touch are affected, greatly increases the liability to accidents a mangled leg, a smashed hand, a cut finger or worse. Now it has been scientifically established that alcohol has effects even in the most moderate doses. It has a decidedly beneficial influence on the faculties of

sight, hearing and touch. The judgments by eye measurements are vitiated by alcohol. So is hearing rendered less acute. Such impairment of the sense organs makes the worker less alert to respond instantly to a danger signal, while increasing the brute tendency to disregard the safety of others.

"The margin of safety in modern industry is small. It is measured too frequently by fractions of an inch. Reduce the alertness and the exactness with which the body responds to the necessities of labour, and by so much you have increased the liability that the hand will be misplaced that fraction that means mutilation". (U.S. Senate Document No. 645, Vol. XI.) A pamphlet issued by the Fidelity and casualty company, serves the following stern warning: No man under the influence of alcohol even slightly should be permitted to remain in the works, much less to work. Nor should a man whose nerves have been rendered unsteady by the habitual use of alcohol or

by a recent debauch be permitted to operate machinery or to carry on any dangerous work. He endangers not only his own life, but the lives of others.

The Hetna Life Insurance company on the basis of their experience in the fields of accidents and fatalities in the industrial sector have issued the following valuable piece of advice of the industrialists.

It is advisable not to employ or to continue in employment men who are known to be steady and hard drinkers. The regular use of intoxicants in any quantity is bound in time to make a workman undesirable as regards both his liability to cause accidents, and his efficiency.

It has already been shown that there is practically no line of demarcation between the individual who has succumbed to insanity as a result of mental or physical disease and the one

who loses his sanity under the intoxicating influence of alcohol, temporarily for a few hours or for longer periods as a sufferer from the dread disease "delirium tremens" which is translated 'Drinker's Mama', what it actually is. The inmate of the mental asylum, in fact, is more fortunate and less pitiable than the person who has deliberately courted insanity by way of an escape from reality through the self destruction channels of alcoholic stupefaction. Both get out of touch with reality. The former however, is excusable as having been the victim of circumstances chiefly beyond his control. The latter, on the other hand, has purposely repudiated the superb grandeur of life gifted to him by the Infinite Bounty of the Supreme Sovereign - by an abominable act of ingratitude for the most magnificent favour-Life as the most splendid product of all Creation. Surely his suffering is self-inflicted and as such a very heinous crime against himself and against Society, on whom he would foist a drinker's progeny.

All professional men agree that a sizeable proportion of the inmates of mental asylums comprises men who have been driven to that fate through the pressure of alcohol on their mental faculties. As to what exactly is the percentage of such victims in the asylum, authorities differ. Dr. F. W. Terflinger's estimate puts the percentage at 20, on the basis of his direct experience as medical superintendent of the Northern Hospital for the Insane, while Dr. William G. McAllister, Superintendent of the Philadelphia Hospital, asserts that 30 per cent of the inmates in the insane wards of the Philadelphia Municipal Hospital are insane because of drink. Dr. Joseph Wigglesworth of England testifying before the Interdepartmental committee on Physical Deterioration puts this figure of alcoholic insanity at 29 per cent. All of these investigators agree that the damage done to the mental faculties is much greater than is indicated by these figures which express only a partial facet of the alcoholic picture.

One eminent authority on Temperance, has sounded a note of warning to the American people in these words; "In nearly every state the expenses of caring for the insane is mounting rapidly due to a growing social conscience, but in view of the fact that such a small proportion of our mental defectives are now sheltered, the question of checking the increase of insanity is pressing. We are in great danger of not being able to stand the burden if it increases as rapidly as it has in the last ten years."

It must be remembered, that alcohol is simply the hub of a vicious wheel. In the words of Dr. C. Kallick Millard, medical officer of health for Liecester, England, "Indulgence in alcohol tends to inefficiency; inefficiency tends to low wages and irregular employment; low wages encourage bad housing and bad enviroment generally; bad environment encourages further indulgency in alcohol." A commission, appointed to investigate feeble mindedness in new Jersey (U.S.A.) reports that "moderate drinking,

so-called, is the cause of a great majority of the epileptic, feeble-minded and sub-normal children in that State.

The historical study in this subject of investigation of the causes of feeble-mindedness and mental deficiency, conducted very painstakingly by Dr. Henry Herbert Goddard, Director of the Training School of Vineland, N. J. forms a running commentary on the effects of alcohol on mental faculties through several generations. Under the title "The Kallikak Family" he has traced the story of this family through six generations to a soldier, named Martin Kallikak, who himself had four honourable generations behind him.

This soldier, probably under the influence of drink, raped the honour of a feeble minded girl. From his legitimate wife he fathered six generations of doctors, lawyers, judges, educators, traders, land holders, with only 1 insane, only 15 children who died in infancy, none feeble-minded.

From his other illegitimate sexual anion, the six generations comprising 480 individuals, *the* study discloses 143 feeble minded, with only 46 known to be normal 36 illegitimates, 33 prostitutes, 3 epileptics, 3 criminals 8 keepers of disreputable houses, with a large number of dying in infancy.

Alcohol runs throughout the illegitimate line like a red streak. We have such obnoxious phrases for most of them as "Alcohol is prevalent in the family." An alcoholic, had three feeble-minded grand-parents"; Confirmed alcoholic", "Feeble-minded and alcoholic", "Alcoholic and Syphilitic woman", Seven children, two alcoholics and immoral, one died of delirium tremens, others all alcoholics, leaving long line of descendents". Here is food for serious thought. A single indiscretion on the part of a hitherto respectable citizen leads Society with untold loathsome material, the burden of the misdemeanors of each generation piling up with

ever cumulative effect, till Doomsday.

According to the Russian Paper 'Pravda' as quoted in the 'Millat' dated 2-4-1969 Alcohol is responsible for more than half of unnatural deaths, for 40 % of the Divorces, for 85% of deaths due to fights, for 63 % of deaths through drowning and for 98% of deaths through murder. Further according to Pravda several Anti-Liquor Institutions are themselves Conniving the evil of drunkenness and many of the officials of the Institutions are themselves addicted to the vice of drinking. The solutions suggested by Pravda are the stoppage of wholesale of Liquor in Public and the drinkers should not be allowed to move out in streets.

Another study in this field will bear brief mention. It is the story of Max Jukes of New York -a drunkard-whose descendants covered almost all fields of crime and indecency. 1200 of them were proved during the study period to be occupying penal and charitable institutions.

They cost Society \$1200,000, without giving any service in return. 310 were in poor houses with a high infantile mortality, amounting to 25 percent of the child birth; 440 were viciously diseased; 400 were physically wrecked at an early age because of their own misdoings; 50 were notorious women; 7 were murderers; 60 were habitual thieves; 130 were convicted for miscellaneous crimes.

With such a black record of alcohol, the question often asked is "why does not alcohol destroy the race which gives it such freedom of operation?"

The same question, however, can be posed in regard to other vices like indiscriminate sex relationships which are productive of the dread miasmas of syphilis and gonorrhoea. The reply given to the question by an American sage is as follows: Not the living but the dead are the evidence against alcohol as against syphilis.

These racial poisons are not merely poisonous but, as the eminent Dr. Slesby remarks "are lethal". The race is being constantly degraded, but it is constantly being redeemed by better influences. There is, no doubt an extra-ordinary resisting power on the part of the reproductive elements to alcohol as to other noxious influences, but these elements are subject to degeneration by alcohol as is evidenced by the perversion of thought and conduct induced by its use in the individual. Guinea pigs, dosed with constantly increasing quantities of poison have frequently offspring immune to a hundred times the dose that would be fatal to the untreated guinea pig, but these offsprings of poisoned parents are invariably dwarfed and possess of a vitality less resistant to other assaults "

SOME STATISTICS

Extract from the Book, "Proposals and Notes on Constitution of Pilgrim Welfare Fund

and Duties and Functions of Pilgrim welfare officers on Ships Pages 106, 107, 108, & 109, printed by the Anjuman-i-Khaddamun Nabi, Pakistan, Karachi-2.

'ALCOHOL'

I give below an idea about the expenditure on wine in Karachi City as appeared in Leader' of the 8th August 1961.

Karachiites Drink 2780 Bottles of wine a Day.

Karachi August 8, 1961 Karachiites spend about Rs. 70,000 on Liquor Every Day, it was gathered today:

Of this, nearly Rs. 20,000 go in foreign exchange on the import of foreign liquor, almost everyday. (i.e. Rs. 73 lacs foreign exchange -are spent annually on import of foreign liquor for Karachi City only.)

The consumption of country-made liquor is, however, greater than imported liquor. The consumption of both the imported and country made liquor is on the increase in the sprawling city.

On an average 480 bottles of imported wine are now consumed daily. Each bottle costs Rs. 45 to 50, This does not include the duty-free imported Liquor consumed by foreign missions in the city.

In addition, about 800 bottles of Pakistan make, foreign style liquor, each bottle costing Rs. 20 to Rs. 30 are drunk every day,

The largest daily consumption is of country made liquor; in all, about 1500 bottles, each available at Rs. 10/- are consumed; This liquor is sold loose, while others are supplied in sealed bottles.

The beer is also in great demand and on an average 2400 bottles are drunk here every day. The prices of beer range from Rs. 3 to 5 per bottle. Of this, about 20 per cent beer is

imported and the rest is country made.

30 SHOPS

There are about 30 shops in the city dealing in liquor. Of these, 14 sell country made liquor, while the remaining 16, deal in imported wine and beer.

The city has got about 30 bars where the liquor is served. About 10 hotels also serve the drinks.

The consumption of liquor and the number of liquor drinking persons in the city is the highest in the country.

The wine merchants in the city, it is estimated, pay about Rs. 50 lacs annually as provincial excise duty on liquor. In addition, custom duty and sales tax are paid to the Government on imported liquor, at the rate of Rs. 275/- per dozen bottles. An assessment fee is also charged from that on liquor-APP.

(At the end of 1963 the number of shops in Karachi alone stood at 130, while that of the whole of West Pakistan 411).

We give some interesting figures about per capita consumption of Drinks in America in 1958 as appeared in the magazine 'Listener' July-August 1960 issue.

Milk	140.8 qt.
Coffee	114.8 qt.
Beer	59.2 qt.
Soft drinks	47.2 qt.
Tea	27.2 qt.
Frozen fruit juices	5.2 qt.
Distilled spirit	4.8 qt.
Wine	3.6 qt.
Vegetable and tomato juice	3.6 qt.

In 1958 the population of the United States drank 29,944,020,000 gallons of Alcohol, 5,053,000,000 gallons of milk and 4,919,000,000 gallons of coffee.

(Figures from the West Virginia issue).

Here we also give the figures as appeared in the magazine, 'Listener' July-August 1960 issue, concerning Retail Stores in America, viz Alcohol Shops :-

Retail Alcohol Dealers	4,27,881
Grocery Stores	2,79,440
Service Stations	1,84,747
Liquor Stores	31,240
Women's Ready to wear Store	29,788
Furniture Stores	23,465
Shoe Stores	23,847
Depot Stores	2,761

We give below the figures from "Listener" September-October 1960, about "How Americans spent their money in the year".

Clothing	\$ 20,800,000,000
Gambling	\$ 20,009,000,000
Education	\$ 19,700,000,000
Recreation	\$ 15,900,000,000
Automobiles	\$ 14,500,000,000
Alcoholic Beverages	\$ 10,700,000,000

Tobacco	\$ 6,000,000,000
Religion and Welfare	\$ 3,600,000,000

According to the figures of England, Japan and America, given above, we can come to the following conclusion for the information and guidance of Pakistanis for discarding unnecessary habits and to check the unnecessary wastage on gambling, arinking, tea, smoking and other harmful addiction :-

- (a) No doubt according to the figures given above, Englishmen who are so rich as compared with us, drink 247,000,000 cups of tea per day which works out to an average of 21 cups per head as they have a population of 5 crores against which we guess that Pakistanis must be taking many more cups of tea. We Pakistanis takes about 400,000,000 cups if we take 4 cups per day per head. Japanese smoked 134,900,000,000 cigarettes in 1961, and 126,500,000,000

in 1960 against which the number of smokers of cigarettes in Pakistan is increasing by 14% per year while its population is increasing by 28 % per year, as per para 17 above, and according to the Estimates of the Planning Commission (as per para 17 above) Pakistanis would be consuming 30 thousand million cigarettes by 1975.

America which has double the population than that of Pakistan spends about \$ 10,700,000,000 per year on Alcohol whereas in Pakistan when Karachites who are about 25 lacs in population, spend Rs. 70,000 a day, which comes to % 1/2 Anna per head per day for our whole population of Pakistan, the yearly expenditure on Alcohol comes to a gigantic figure of Rs. 570,312,500, (over Rs. 57 crores) which is a very big national loss.

(Extract from the Book Proposals and Notes on Constitution

Of Pilgrim Welfare Fund and Duties and
Functions of Pilgrims Welfare Officers on Ships
Page 106, 107, 108, & 109)

THE TRUTH ABOUT THE BEER

Extract from Life and Health February 1969,
pages 10, 11 & 27.

The People of the United States almost un-animously agree that beer is a part of life, that there is no harm in it, that life actually is merrier for it. I challenge the people of this country to take a second look at this beverage in order to guard their precious health, their children's heritage, and the morals of young and old.

If we would look around us we would see many of the results of excessive beer drinking, but we do not like to look at unpleasant proofs of our own folly, and so we do not say much about what this extensive habit is doing to us and our children. It is not in fashion today to be honest with ourselves and squarely face the sure future

if we go on as we are doing and including cases of beer for every party, drinking what we consider to be a harmless glass of beer with our lunch, taking beer along on our picnics. Is this a harmless practice? What is it actually doing to us today? What of the future?

England had an experience in the 1800's that can show us where we are headed. Hoping to stay the wave of intemperance that was covering the country in those days, the leading statesmen reasoned that they should afford greater facility in the sale of beer, with the idea of slowing whisky sales.

England's leaders were so sure of themselves that they proclaimed : "It was giving the people what, under present circumstances, might be called a moral species of beverage." That was Lord Brougham's opinion in advocating the new measure.

The Duke of Wellington said he was "sure the measure would be attended with the most beneficial consequences to the lower orders."

The Chancellor of the Exchequer (treasurer) de-clared that the measure would produce "a more wholesome beverage, and would improve the morals."

When the bill was passed, the Duke of Wellington proclaimed it "a greater achievement than any of his military victories."

After these optimistic and sincere efforts, what was the outcome when the beer bill went into effect? Disappointing is a mild word for the results of the measure.

A gospel minister who had favoured the bill, the Reverend Sydney Smith, said : "The new Beer Bill has begun its operations. Everybody is drunk. Those who are not singing are sprawling. The sovereign people are in a beastly state."

One writer declared that "from his own knowledge he could declare that these beer shops had made many, who were previously sober and industrious, now drunkards, and many mothers had also become tipplers."

The English press, which before had favoured the bill, changed its attitude and wrote against it.

The Globe said : "The injury done by the Beer Act to the peace and order of the rural neighbourhood, not to mention domestic unhappiness, industry, and economy, has been proved by witnesses from every class of society to have exceeded the evils of any single act of internal administration passed within the memory of man. "

The Liverpool Mail said : "A more pernicious concession to popular opinion, and so prejudicial to public morals in the rural districts, in villages, hamlets, and roadsides of England never was made by the blind senators of a bad government in the worst times."

The beer bill was supposed to lessen the number of public houses for the sales of distilled liquor. A select committee of the House of Commons after investigation reported: "The Act without destroying a single public house, had

added fifty thousand still more baleful houses to the list of temptations so baleful to the people."

A magistrate, G.F. Drury, said : "The Beer Bill has done more to brutalize the English laborer and take him from his family and fireside to the worst associations, than almost measure that could have been devised. It has furnished victims for the jails, the hulks (ships used as prisons), and the gallows, and has frightfully extended the evils of pauperism and moral debasement."

In 1869, or forty years after the beer bill had been passed, a committee for the Lower House of Convocation of the Province of Canterbury, reported : "This measure though introduced in 1830 for the avowed purpose of repressing intemperance by counteracting the temptations to excessive drinking of ardent spirits, afforded in public houses has been abundantly proved, not only to have failed of its benevolent purpose, but to have served throughout the country to multiply and intensify the very evils it was intended to remove."

The London Times in 1871 speaks thus of the free beer-shop bill which was authorized by the government in 1830. "The idea entertained at that time was that free trade in beer would gradually wean men from the temptations of the regular tavern, would promote the consumption of a wholesome national beverage in place of ardent spirits, would break down the monopoly of the old license houses, and impart, in short, a better character to the whole trade.....The results of this experiment did not confirm the expectations of its promoters. The sale of beer was increased, but the sale of spirituous liquors was not diminished."

In 1850 the 'Reverend John Clay, chaplain, Preston House of Correction and a student and authority on social science, speaking of the passage of the beer bill in his testimony before the committee of the House of Lords, said "Instantly 40,000 dens were opened, each of which breeds more immorality and sin in a

week than can be counteracted by the ministers of religion in a year."

In a biography of Chaplain Clay published by his son is the following statement: "Drunkenness is the main topic of his first and almost every subsequent report. For some years it was only the old-fashioned drunkenness of the public houses which he had to describe, but after passage of the beer-bill in 1830, and the consequent springing up of an enormous crop of beer-shops, his fear of the great national sin turned almost to consternation.

"In 1853 the Committee of the House of Commons concurred with the lords' report, and declared that the beer-shop system has proved a failure."

Lord Rosebery was free to say that "if England does not master the brewer, the brewer will master England."

These are Lord Brougham's remarks to the House of Lords : "To what good is it that the

Legislature should pass laws to punish crime or that their lordships should occupy themselves in trying to improve the morals of the people by giving them education? What could be the use of sowing a little seed here, and plucking up a weed there, if these beer-shops are to be continued to sow the seeds of immorality broadcast over the land, germinating the most frightful produce that ever has been allowed to grow up in a civilized country, and under the fostering care of Parliament."

America's press in former years spoke out more clearly than today, just as England's did.

The president of the Connecticut Mutual Life Insurance Company, then one of the oldest and largest companies in America, Colonel Greene, made this especially interesting remark "It has been my duty to send records of and to make inquiry into the last illness and death of many thousand persons of all classes, in all parts of the country.

"I protest against the notion so prevalent and so industriously urged that beer is harmless... In one of our largest cities, containing a great population of beer drinkers, I had occasion to note the deaths among a large group of persons whose habits in their own eyes and in those of their friends and physicians were temperate : but they were habitual users of beer.....

"When the observations began they were, upon the average, something under middle age, and they were of course selected lives. For two or three years there was nothing very remarkable to be noted among this group. Presently death began to strike it; and until it had dwindled to a fraction of its original proportion the mortality in it was astounding in extent and still more remarkable in the manifest identity of cause and mode. There was no mistaking it; the history was almost invariable - robust, apparent health, full muscles, a fair outside, increasing weight, florid face - then a touch or cold or a sniff of malaria, and instantly some acute disease with

almost invariably typhoid symptoms was in violent action, and ten days or less ended it."

The Voice, a New York paper, sent this published article to several life insurance companies presidents asking whether their impression about beer correct about beer corresponded with that of colonel Greene. Nine presidents of the leading life insurance companies replied in letters published in The Voice dated October, 1884, endorsing and practically repeating the experience of Colonel Greene.

The Pacific Medical Journal, a publication endorsed and used in the form of a circular by the officers of the Home Life Insurance Company of New York, said : "The fashion of the present day."

Count the Cost

Good will, like a name, is got
by actions, and lost by one.

In the U.S. sets strongly towards the substitution of beer for other stimulating liquors. An idea

appears to be gaining ground that it is not only nutritious but conducive to health, and, further, that there does not attach to it that danger of creating intemperate habits which attends the use of other drinks.

"Many years ago, and long before the moral sense of society was awakened to the enormous evils of intemperance, Sir Astley Cooper, an undisputed authority in his day, denounced habitual beer drinking as noxious to health. He said: 'Of all intoxicating drinks, it is the most animalizing. It dulls the intellectual and moral, and feeds the sensual and beastly nature. Beyond all other drinks, it qualifies for deliberate and unprovoked crime. In this respect it is much worse than distilled liquors.'"

Dr. W. T. Ridenour, who served during the first world war as surgeon of the Twelfth Ohio Infantry, was medical inspector of the Department of West Virginia, served as health officer for the city of Toledo, Ohio, and was a

lecturer on physiology in the Toledo medical school. He said: "In making a post-mortem examination, a physician instantly recognizes a beer drinker's stomach by its greatly increased dimensions. The liver is the great laboratory, the great workshop of the body. Any derangement of it means the immediate derangement of all the rest of the vital machinery, There can be no health anywhere when the liver is out of order. Beer drinking overloads it and clogs it up producing congestion."

"My first patient was a saloonkeeper . on Cherry Street, as fine a looking man physically as I had ever seen - tall well built, about thirty five years old, with florid complexion, and muscles well developed. He had an attack of pneumonia in the lower lobe of the right lung.

It was a simple, well-defined attack, which I regarded very hopefully. Doctors are confident of saving nineteen out of twenty such cases. I told my partner, Dr. Trembly, about it, and to

my surprise he said gaily, He'll die, I asked what made him think so. 'He's a beer drinker'; answered Trembly, and he persisted in producing a fatal termination of the case in spite of all my assertions to the contrary."

"Beer drinkers are peculiarly liable to die of pneumonia. Their vital power, their power of resistance, is so lowered by their habits that they are liable to drop off from any acute disease such as fever, pneumonia, etc. As a rule, when a confirmed beer drinker takes pneumonia he dies. They make bad patients."

ALCOHOL & CRIME

"Eliminate liquor and at a single stroke you relieve the Juvenile Court of more than 50 per cent of its business. Directly and indirectly more than one half of the cases of juvenile delinquency in this country can be traced to the use of intoxicating liquors. There is no other influence for evil, as demonstrated, in the treatment of juvenile delinquents, that compares with that of the liquor traffic."

In these words is expressed the opinion of Judge Fred H. Taft, of the Los Angeles Juvenile Court after his long practical experience of the problem of Juvenile delinquency. This opinion expresses typically the attitude of indiscipline and lawlessness under the influence of alcohol as evinced by the youth in the so-called civilized countries of the West. It is also to be borne in mind that the juvenile delinquent does not command much spending power to indulge in his nefarious activities. But what little he gets, by fair means or foul, suffices to turn his head when he can get access to the excitement, adventure and misplaced sense or power and daring of which alcohol creates an illusion in young immature minds. Delinquency and carousing increase, as a matter of course, when the juvenile offender is induced by the befogging influence of liquor, to view life as a pleasure hunt for the revolting mind, insisting on "having the experience," He hovers about from one form of pleasure to another in his fruitless pursuit of satisfaction, little knowing that one

cannot satisfy one's desires by satisfying them. Not indulgence in but control over appetites is the fundamental axiom of psychic satisfaction. Lack of parental interest in the moral training of their offsprings, improper discipline and home atmosphere, provide the fertile soil for juvenile experience in liquor experience and consequent delinquencies. In a survey carried out by Lient-Colonel A. J. Cowden and associates, under the aegis of the Salvation Army, the Social Workers found that out of 653 unwed mothers, studied by them, 110 were school girls, 99 home girls, 214 servants, 61 waitresses, 45 factory girls, 35 office workers, 22 clerks, 12 telephone operators, 11 nurses, and the rest in minor other jobs - mostly in their teens. Fortytwo percent of the unmarried mothers, another survey of the salvation Army, were found to be school girls of an average age of sixteen. The Police Commissioner, Grover Whalen of New York, has the following words; while remarking on the problem of juvenile DELINQUENCY. There is growing up the

so-called speakies problem and this is a serious one. In the old days, you could wipe out a vicious saloon. Now-a-days all you need is two bottles and a room and you have a Speakies. . We have 32,000 Speakies in this city. From the speakies comes dining and dancing and out of that grows the hostess game. The hostess problem verges seriously on a vice that we wiped out many years ago.

The home atmosphere exerts a powerful influence on the moral stamina of the budding personality. Drunken-fathers and mothers can Hot but beget drookards. The evil is imposed on the young by hereditary influences, operating through the medium of the inexorable forces of the psycho-physical set up of the mightly gents, which though tiny in size, transmit parental traits faithfully. Add to this the visual perceptions of the environment and nursing and the picture of the direct temptation is completed in salient details. "It is an astounding fact that

government, which will not permit brewery slop to be sold to cows because it produces swill milk does nothing to combat the superstition that the milk of the mother is not harmfully affected by beers, ales and porters. Such milk is deficient in the tissue-building constituent that is so essential to building strong vitality," says Dr. Ira S. Wiles, one of the editors of the Medical Review of Reviews. In a survey of 259 alcoholized patients of Bellevue Hospital in New York city, it was found that 6.5 percent started drinking from one to twelve years of age, 23 percent began to drink from twelve to sixteen years of age, 39 percent began from sixteen to twenty-one years of age. The percentage of those who got into this habit beyond these age groups was 31.5. In a study conducted by Mrs. L. A Rufe, it was revealed that no less than 4458 children out of 18 503 on rolls of twenty three Public Schools of Philadelphia, admitted that they drank alcoholic liquor-a finding which according to the said investigator is very much lower than the actual state of affairs.

As to how the liquor business-men view the younger generation as their real dupes, the following statement of R. H. Wallace, duly deposed before the Notary Public in and for Ross County, should serve as an eye-opener: that he was present in Worthweivs Hall, Columbia, Ohio at a meeting where representatives of the liquor dealers were present, discussing their plans. At that meeting one of the representatives of the liquor interests Spoke on matters of interest to the Saloon business with substantially these words : The success of our business is dependent largely upon the creation of appetite for drink, Men who drink liquor like others, will die, and if there is no new appetite created, our counters will be empty as well as our coffers. Our children will go hungry, or we must change our business to some other more remunerative one. The open field for the creation of appetite is among the boys, After men have grown and their habits are formed, they rarely ever change in this regard, and I make the suggestion. gentlemen, that

nickels expended in treats to the boys now, will return in dollars to our tills after the appetite has been formed.

And this is not a mere suggestion, the liquor trade acts upon it. In addition to the well known tendency of the liquor trade to promote drinking by women, by families in the home etc. the Board of Temperance has a picture of a nursing bottle containing whisky which was distributed by a saloon keeper at Troy Ohio, and which was taken from one of the school boys. The bottle originally contained one ounce of whisky. The boy had consumed about one half of it, and the other half remained in the bottle when it was taken away from the boy by his school teacher.

These bottles were circulated among the boys in the School and the one in question was taken from the son of a prominent church worker. The bottle is three inches in height and one and three - fourth inches across. On its front

face there is a three-corner star, blowen in the glass, enclosing the initials ~M.O.' A rubber tube has a turned bone nipple at the upper end and a glass extension tube at the lower end, which reaches the bottom of the bottle, so that all the whisky can be sucked out. It is manifest from the bottle that it has been turned out by a factory in large quantities for the purpose for which it has been used. In adding this illustration to the affidavit of the above mentioned deponent, the reporter- an eminent social worker in the field of Temperance - ruefully speaks of still, "more missionary work of the same sort" being carried on among small boys in other places as well. Different sorts of attractive toys, dolls, bottles, have been used by the liquor dealers as containers for sweetened liquor and distributed freely among school boys and girls in the service of creating an appetite among the juvenile groups.

The liquor trade can flourish only by insistent creation of appetite among the younger generation. Huge sums are spent by this trade in the

West to bolster up patronage by advertisements and appeal to the Social instinct of youth. Youth is the particular period of life, when the drink habit can be easily planted and as such the profit-paying appetite is sought by liquor interests to be cultivated among the young. It has been established by sociological surveys that it is during adolescence that the taste for alcohol can be engendered by proper inducement, through advertisements and persuasion. "It is a noteworthy fact that in nearly 90 percent of confirmed in-elieriates, the addiction to drink began between fifteen and twentyfive years of age," says one eminent Sociologist.

Advertising, has, for its purpose, the creation of appetite, where none exists previously. Whatever may be said as to the position of the habitual drunkard vis-a-vis his new for alcohol, there can be but outright condemnation of the the efforts to induce an appetite in those who, left to themselves, would abstain from this

obnoxious product. It is a distinct loss to Society if an habitual abstainer is induced to become a consumer of alcoholic liquor. "No newspaper can view with complacency & use of agencies. which converts abstainers into drinkers, and defeats the resolution of drinkers who may be attempting to counter the drink habit."

And what purpose has liquor advertising other than that which is tersely expressed in the above quotation from the pen of a great social worker. The reading matter, the illustrations are all so designed as to convey the appeal and suggestions in favour of the product - to induce drinking by those who in the absence of such prompting would abstain. What can be the objective of such advertising except to promote drinking among those classes or individuals who are abstinent and to provoke the latent appetite where already existent.

The Liquor trader is shrewd enough to gauge the value of such advertising and the effect that it produces. Typical of this shrewdness on his part is the suggestion by -one of them to his brethren in trade in the following words: Why not advertise wine as a summer drink? Many a family that does not today use a drop of wine could be taught by attractive copy, illustrated with tempting coloured drawings to use our light red and white wines in punches and lemonades.

The "Brewers Journal" outlines a course of advertising designed to mould public sentiment in favour of beer and create home consumption by those who have never before drunk wine. It says pertinently, "Nearly every adult in the community may be considered as a prospective buyer. Some will respond quickly others will require time in order to convince them of the desirability of beer." The following sample of an advertisement will illustrate seductive appeal made to the ordinary citizen in general and the youth of the country in particular.

"For all folks who want to stay young. No home should be without this wonderful youth and health preserving stimulant. Pure Malt Whisky is a Wonderful health preserving stimulant. strengthening the liver, kidneys, and bladder, enriching the blood toning and building the entire system, promoting a good appetite, keeping you young, and vigorous, invaluable for over worked men, nervous run-down women and delicate undeveloped children, hard-playing, fast growing youngsters."

Such advertisements are often accompanied by illustration displaying children of tender ages as drinking. China-ware and articles of appeal to children and young girls are distributed along with the advertisements. Promises are held out that inquiries and orders for supply of the liquor shall be strictly confidential matters. So are the packings promised to be in deceptive designs to throw off guard any inquisitive parental authority. "Numerous advertisements show minors and

other young people, both boys and girls, drinking beer at picnics, on shady porches, on fishing trips, at different kinds of social occasions, and one shows a delivery man bringing in a case of beer and saying to the house-wife, "Madam, this is most wholesome thing that comes into your home."

The Tribune wants to eliminate from its advertising columns all traces of evil or even suspicious association. We feel that liquor advertisements will not help to attract to us either the readers or the advertisers whose patronage we especially desire,

The editor of the Chicago Herald states his platform thus.

A newspaper must have a Social consciences. There is no better investment than a single standard of honour, honesty, truth and integrity from the title to the last agate line on the last page. Those who reap the weedless

fields of honesty gather golden harvests. Truth, cleanliness and decency are the greatest dividend payers on earth. And with this declaration the liquor advertisements were expelled from the columns of the Chicago Herald.

The part played by alcohol in ruining lives-juvenile as well as adult-has been the subject of the day-to-day working of the land courts. Here are reproduced some of the judgements of the United States Supreme Court, which should serve as eye-openers for all those who view crime, especially juvenile crime, with the horror it deserve as the chief cause of the destruction of social harmony and happiness.

1. If a loss of revenue should accrue to the United States from a diminished consumption of ardent spirit, she will be a gainer a thousand fold in the health, wealth and happiness of the people.

2. We cannot shut out of view the fact, with-in the knowledge, of all, that the public health, the public morals and the public safety may be

endangered by the several uses of intoxicating drinks, nor the fact established by statistics accessible to everyone that the idleness, disorder, pauperism and crime existing in the country are in some degree at least, traceable to this evil.

3. That drunkenness is an evil both to the individual and to the State, will probably be admitted. That its legitimate consequences are disease and destruction of mind and body will also be granted. That it produces from fourth to nine-tenth of all the crimes committed is the united testimony of those judges, prison-keepers, Sheriffs and others engaged in the administration of the criminal law, who have investigated the subject, that taxation to meet the expenses of pauperism and crime falls upon and is borne by the people, follows as a matter of course. That its tendency is to destroy the peace, safety and well-being of the people, to secure which the first article in the Bill of Rights, declares all free governments are instituted, is too obvious to be denied.

4. Probably no greater source of crime and sorrow has ever existed than the Social drinking saloons. **Social drinking is the evil of evils.** It has probably caused more drunkenness and has made more drunkards than all other causes combined; and drunkenness is a pernicious source of all kinds of crime and sorrow. It is a Pandora's box, sending forth innumerable ills and woes, shame and disgrace, indigence, poverty and wants. Social happiness destroyed, domestic broils and bickerings engendered, social ties severed, homes made desolate, families scattered, heart-rending partings, sin, crime and untold sorrow, not even hope left, but every-thing lost, an everlasting farewell to all true happiness, and to all the nobler aspirations, rightfully belonging to every true and virtuous human being.

5. The train of evils which marks the progress of intemperance is too obvious to require comment. It brings with it degradation of character, impairs the moral and physical

energies, wastes the health, increases the number of paupers and criminals, undermines the morals and sinks its victims to the lowest depths of vice and profligacy.

6. It is still the prolific source of diseases, misery, pauperism, vice and crime. Its power to weaken, corrupt, debauch and slay human character and human life is not destroyed or impaired because it may be susceptible of some innocent uses,

7. There is no statistically or economically better established proposition, nor one to which a more general assent is given by reading and intelligent minds, than this : That the use of intoxicating liquors as drink is the cause of more want, pauperism, suffering, crimes and public expense than any other cause-and perhaps it should be said-than all other causes combined. Every state applies the most stringent legal power to lotteries, gambling, keeping gambling houses, and implements, and to debauchery and

obscenity, and no one questions the right and justice of it, and yet how small is the weight of woe produced by all these united, when compared with that which is created by the use of intoxicating drink alone.

8. The evils that result from the use of intoxicating liquors, generally occur at the place where they are consumed, and tendency to crime and pauperism follow in that place. By the general concurrence of opinion of every civilized community, there are few sources of crime and misery to Society equal to the dramshop, where intoxicating liquors in small quantities to be drunk at the time, are sold indiscriminately to all parties applying. The statistics of every state show a greater amount of crime and misery attributable to the use of ardent spirits obtained at these retail liquor saloons, than to any other source.

These are only a fee of the pronouncements of judgements of the highest courts of the United

states of America. They bring out clearly the intimate connection that subsists between the waves of crime, sweeping that "civilized" community and the powerful potentials that alcohol possesses as producers of the conditions that favour disorderly conduct. These findings of the most eminent intellects are based on direct experience of the day-to-day working of the legal system. They unanimously condemn the role of alcohol as enemy No. 1, of peace and order in a community, before which the judges, the legislators, and the public leaders sit helpless. As far back as 1907, Judge Ira W. Christian of the circuit court of Hamilton County (Indiana), pronounced a judgment to the effect that a retail liquor shop is within itself a **public nuisance** and that the statute authorising the licensing of such a shop is unconstitutional.

Judge R. Samuel Artiman in his profoundly well-planned book, "The Lagalised Outlaw" has reproduced such cases very, adequately in their

bearing on crime and other evils in Society. His own judgment delivered in the same year 1907, is among the most notable pronouncement in the annals of American law-courts. This decision was to the effect that ¹¹ the State of Indiana had no right to authorise the licensing of a saloon and that the statute providing for so doing was unconstitutional. The case was never taken in appeal to a higher court of law and the decision stands unrevoked unimpeached to this day. It awakened universal interest and wide discussion. Millions of copies of this decision were distributed by public demand and it was printed as a public document by the United States Senate as a "State Document, No, 384". The book referred to above, "The Legalized Outlaw " elaborates the principles involved in this decision, giving the full text and complete details of the case under review.

No one can view with equanimity the havoc played by liquor traffic in the orderly management

of the affairs of a community, far less the judges whose chief responsibility is the maintenance of peace and order in the Society. The really well intentioned among them have tried to bring to light the effect which alcohol has on ruining the lives of the people and their domestic happiness through the criminal attitudes, which it engenders in the minds of its victims. The following pregnant pronouncement of Judge, William M. G. Emill of Chicago points out clearly the impressions which the drink habit makes on those charged with the task of dealing with crimes records. Says he, Booze is the matter of crime.

It gives life and sustenance to slums, dives, brothels, gambling dens, and pay-off joints. It nerves to his deed the homicide, the stick-up man, the burglar, the thief and the thug. It fires the brain of the prostitute and the panderer. It feeds and inflames the passions of the week-mined and the degenerate. "I have tried an army of 50,000 human derelicts, most of whome were

booze-soakod. With faces red and bloated, with eyes dull and languid, with bodies weak and wasted, with clothing, foul and ragged, this vast army is for ever marching with unsteady step to the graves of the drunkard and the pauper or to the prison and workhouse.

"I have looked into the tear-stained face, of a still larger army of fathers and mothers and sisters, wives and husbands, as they have pleaded for the miserable wrecks that booze has made. I have seen with this army ten thousand pale faced, hollow-cheeked, ragged, hungry and starving children cursed by booze.

I have observed that every bandit crew that goes forth to murder starts from a saloon; that every panderer has his rendezvous in a grog, shop; that every den of thieves makes its victim drunk before it robs them; that every house of prostitution has its bar or is in partnership with booze; that every gambling den either is in a Saloon or sustains a close relationship with one; that the

pick-pocket 'trust' is housed in a Saloon; that the spay-off' joint for the crook and the crooked policeman is in a saloon, that the professional bondsman and character witnesses for thieves and hold-up men are saloon-keepers or bar-tenders.

Judges, legislators, mayors, governors and even Presidents sit dumb or quail in the presence of this monster, which enters millions of homes and leaves them desolate. "I have witnessed daily its ravages after it had spent its wild fury upon the helpless bodies of women and children, or after it had reaped for a night, in the public dance, its harvest of virtue, now dead for ever. I have observed that the last man to be employed and the first to be discharged is a victim of booze.

Booze never built a park, a playground, a school or a church, but is the enemy of them all. "War may be hell, but where it slays its thousands, booze destroys its tens of thousands".

Three thousand twenty two saloons in Chicago maintain bed-rooms for the use of their

patrons. Six hundred and thirty three Saloons operate restaurants, cafes and Cabarets; 718 have dance rooms and 63 ' palm ' gardens. Private entrances are provided by 2594 Saloons. Federal Judge Lawdis remarks in this connection. "Here are thirty-two saloons confessedly managed by Mr. Buxt's company and they have been steadfastly breaking the law for at least ten years".

Vices to which Alcohol gives birth.

"When the alcohol vice has become a habit it is difficult to cure in men; it is all but impossible in women", remarks Sir Andrew Clark, physician to Queen Victoria. This habit in women, ruinous to their own character and health in every sense of the evil, is astounding in effect on the offsprings in a far greater degree than when the offending parent is the father. The Brewer's Journal editorially comments that "Newspaper advertising for beer should be designed to attract and appeal to women as well as men, for if beer is to be used in the home, women must be won over

to it ", And, according to the same journal it is, "comparatively easy to convince the women".

The ragular campaigns launched by liquor interests to promote the alcohol habit among the fair sex, is paying high dividends. On a count being arranged, 160 girls were found to have gone into a single saloon in three hours. Mrs. Jane Deeter Rippon, Chief Probation Officer of the Domestic Relations Court and Mrs. Albert H. Smith, Secretary of the Association of City Police Matrons, Philadelphia, have stated that ever-increasing numbers of young girls of respectable families are succumbing to the alcohol evil. According to their responsible declarations, "These girls are not ordinary prostitutes, but shop-girls and other yong girls from 16 to 22 years of age. Scores of such girls are nightly drunk in the Cafes of the city".

A number of commissions on vice, the Chicago Vice Commission, the Phaladelphia Com-misoion among them have conclusively established

that there is a close connection between the traffic in liquors and commercialised vice. According to the Wisconsin Legislative Committee, appointed to investigate the conditions of the vicious service. "The Committee finds that the chief direct cause of the down-fall of women and girls is the close connection between alcoholic drink and commercialised vice." The Chicago Commission "found the most conspicuous and important element next to the house of prostitution itself was the saloon and the most important financial interest - the liquor interest," in the Commission's investigation of the Social Evil. It goes on to say that "As a contributory influence to immorality, there is no interest so dangerous." The Chicago Commission investigated the conditions prevailing in 445 saloons. Of these "No less than 236 were nothing but houses of prostitution. There were in them counted 928 prostitutes".

"Children, girls whose innocence yet followed hard upon their shame, tiny boys and even

babies, messengers far under-age and half-frightened countrymen were found in practically every saloon while drunken women, short skirted and blear-eyed, with sin and disease written strong upon their faces, lolled beside them and drank imitation drinks. for which exorbitant prices had been charged. Indecent exposures of the person and almost unbelievable community freedom were prevalent in Saloons of apparent exterior respectability".

The report under review is explicit that "wayward girls are brought to their ruin almost exclusively through alcoholic drinks. Does the tired working girl seek recreation in the dance sooner or later she must yield to the temptation to drink, and then - her future is settled for all time. Does the girl beset with poverty seek the easiest way? She goes to the nearest saloon, where she is met with smiles and flattery and put to work to add to the bar's receipts."

The Chicago Commission found innumerable

instances that the saloons were situated in close proximity to schools. They were daily filled with innocent children. In one saloon the investigator found -eighteen prostitutes drinking at one time. Five of these women invited the visitor to participate in immoral deeds."

The Royal Commission of England appointed to study the relation of alcohol to the prevalence of sex immorality has some very pertinent and outstanding facts to disclose. Among them:

(i) alcoholic liquor by weakening self control, is the most important factor in aggravating Social vice conditons; that the drinker is peculiarly liable to yield to the temptations which other-wise might be resisted. One physician reports that out of thousands of cases, he had found 80 per cent had been under the influence of liquor when they acquired their diseases through sexual licence.

(ii) Alcohol makes the treatment of such patients very much difficult.

(iii) Alcohol complicates the picture of the diseases that are acquired through sex immorality.

Alcohol and Medical Research. There was a time when the Western Medical opinion favoured the use of alcohol in certain diseases. It was considered stimulant and was supposed to possess some food value, close investigations have, however, conclusively proved that alcohol is a depressant and not a stimulant at all. Its apparent stimulating effect is due to its paralysing properties on the nerve centres. When alcohol is taken into the stomach, that organ with its inherent revulsion for the various products at once expels it into the blood stream; which carries it into the brain centres and stupefies them. Now, it is these brain centres that control the movements of the muscles. With stupefaction overtaking the controlling mechanisms, the muscles activity is released of all restraint and goes wild, giving an impression of heightened power. The process may be compared to the disabling of the governor

of a steam engine, which then conveys the impression of an accelerated speed. As a matter of fact, neither the narcotized human organism nor the control-free steam engine can have acquired any increase in working capacity, which can come only by the supply of suitable fuel material. Alcohol does not add any power to the organism "it only smashes the governor", as is aptly expressed by a research scholar of the U.S.A.

As for its food value, the late Sir Spencer Wells M.D., F.R.S., endorsed the current findings of medical research on the point in the following words: "It is only lately that we have begun to regard alcohol in its true light as a drug and not as a food." To this Dr Harvey H. Wiley adds, "It is without question a substance which does not nourish the body building tissue or repair waste. Dr W.A. Evans, medical editor of the Chicago Tribune and former health officer of Chicago, says, "No health authority anywhere advocates the use of alcohol as a medicine, food or beverage.

Eevery drink is a mixed drink. There are no other kinds, When a man takes a drink, however simple it may be, he mixes in some degeneration of his nerve cells, some chance of delirium tremens and a few other ingredients. Let him understand, that he also pours into the glass about one finger of wet brain."

The new York City Board of Health in a pamphlet warned the people against the evils of drink thus : Alcohol is a depressant and not a stimulant, it drugs the brain and stops the capacity of the nervous system to obey the will. Don't muddle your brain by drinking bear, John Stuart Mill put it very tersely when he said, "Who would not be a human dissatisfied, rather than a pig satisfied? Think before you drink for after a bear or highball you cannot think so well."

The great German philosopher Goethe repeatedly asserted that so-called stimulation by liquor could produce only a forced, inferior creation of

ideas. Happiness and contentment are said to spring from the benumbing influence of alcohol upon the higher brain functions. Such happiness is false, such contentment bought at the expense of individual mental liberty.

The Chicago Board of Health in a bulletin thus condemns the evil: The fellow with alcohol in his system is not a good witness as to its effects on himself, for his mind as well as his body is bribed by the drug, and is as full of prejudice as his breath is full of fumes. In another bulletin the following warning is given to the drunkard : The heavy drinker who contracts pneumonia should not lose an hour in settling his affairs, as he will, in all probability be unconscious with delirium within twenty-four to forty-eight hours from the time his disease is first diagnosed.

Dr. Robert A. bare, professor of therapeutics of the Jefferson Medical College of Philadelphia, in his classic "Practical Therapeutics" has

laid down the following verdict of medical scholarship: "Alcohol never acts as a stimulant to the brain, the spinal cord or the nerves. The depression of the inhibitory nervous apparatus. The activity is, therefore, that caused by lack of control and is not a real increase of energy. The effect of moderate doses differs from the effect of large ones in degree and not in kind.

Alcohol is a poison and its evils effects are so great that every courageous man should help to eliminate them.

One is baffled, in the face of complete unanimity among all sections of the human Society about the evils which alcohol gives birth to as to how this so called rational being both as an individual and in social groups submits himself to be swayed into self-destruction by this poison. No sane thinking mind can be found to say a friendly word in favour of alcoholic liquors. Below are given the opinions of some of the most eminent medical authorities of the west in regard

to the characteristic damage that humanity is exposed to by this inveterate enemy of all good senses. The testimony of such famous doctors should convince even the incurable drunkard to pause in his head-long pursuit of self-immolation on the altar of Bacchus.

Drunkenness and its consequent degeneracy, explain 35 per cent of epilepsy - Dr, Mathew Woods.

Twenty-eight per cent of the men admitted to this hospital during the past year were alcoholized. This does not include alcohol-caused insanity. Dr. H. C. Eyman, of the Massillon, Ohio, Asylum.

A son-stroke, is often nothing more nor less than a bear-stroke. Dr. W. A. Evans, Medical Editor, Chicago Tribune. I am not aware of any medical connection in which alcohol is necessary, nor of any in which it could not, with advantage, be replaced by some less dangerous drug. Sir Arthur Chance M. D. Twenty five of the 100

deaths which occur every day in Chicago are caused directly or indirectly by alcohol. John D. Robinson, Health Commissioner.

Alcohol is not a medicine, it aggravates diseases and hastens death, it is productive of physical and mental degeneracy, and should be no longer prescribed by intelligent physicians. It is the best possible persuader of disease and damaging even in small doses. Dr. De W. H. G. Wilcox.

Alcohol replaces more actively vital materials by fat and fibrous tissue; it substitutes suppurations by new growths it helps time to produce the effect of age ; and in a word is the genius of degeneration. Dr. Dickinson of England.

Alcohol is a poison. It is claimed by some that alcohol is a food. If so, it is a poisoned food. Frederick Peterson, M. D., Professor of Psychiatry, Columbia University.

EXTRACT FROM "LIFE AND HEALTH"**MARCH 1969**

Page No. 21

"ALCOHOL IS DANGEROUS"

"Alcohol acts as a poison to the human system. The body tries to get rid of it as rapidly as possible. It serves no good purpose in the body." FRANCIS A SOPER, Listen, May, 1968."

You are right in indicting alcohol for its insidious wrongs to humanity. It is an old and shy offender and very much the "mocker", in medical practice that it has been pronounced in the Holy Writ. It exhausts the latent energy of the organism. Upon investigation I found 38 per cent of our male tubercular patients were excessive users of alcohol, 56 per cent were moderate users. From my study of the cases, I am led to believe that in a vast majority of these cases drink has been a large factor

in producing the disease, by exposure, lowering the vitality etc. O. C. Willhite, M. D., Superintendent of Cook County Hospital for Consumptives.

In tuberculosis there is a state of over-stimulation of the circulatory system due to the toxins. The use of alcoholics simply makes the condition worse - H. J. Blankmeyer, M. D., Sanatorium Gabvels, New York.

That in view of the close connection between alcoholism and tuberculosis, this congress strongly emphasizes the importance of combining the fight against tuberculosis with the struggle against alcoholism. Resolution adopted by the International Congress on Tuberculosis, held in Paris, October 1905. Alcohol is the most potent factor in the production of crime, and I have never known of alcohol -Dr. J.T. Tilmore, Superintendent of the Ontario Reformatory.

Whisky and other forms of alcohol have caused more deaths after snake-bite than the

venom of the Snake. Dr. L. K. Hirshberg of John Hopkins University.

The children of drinking fathers are very much more liable to tuberculosis. The results of my investigations are as follows; 149 occasional drinkers 8.7 per cent tuberculous children; 169 habitual drinkers-10.7 per cent tuberculous children ; 67 moderate drinkers - 16.4 per cent tuberculous children ; 60 confirmed drunkards - 21.7 per cent tuberculous children. Professor A. Von. Burge, Basil.

Whether we look to America, the West Indies, Egypt, India, Arabia or Persia, there is the same testimony that the health and discipline of soldiers are much better when they are not allowed or cannot get alcoholic liquors. Dr. Jame Ridge, Medical Officer of Health, Enfield England.

Spirits and poisons are synonymous terms.-
Sir Astley Cooper, M.D.

Alcohol is the pathological fraud of frauds.
Dr. Norman Kerr, England.

Alcohol is, under no conditions and in no amount beneficial to the healthy body. Professor Fick, Physiologist, Germany.

For every real drunkard there are fifty others suffering from the effects of alcohol. George Harley, M. D. England.

I dread the task of operating on a drinker
Sir William Paget, M. D.

"Lobular pneumonia, Cardiac failure"-so runs the usual certificate, and the cause of the cardiac failure in ninety nine cases out of a hundred is alcohol.-Dr. A. A. Hill. On the use of alcohol, British Medical Journal. Alcohol causes the guards to sleep at their posts until man's enemy, disease, has gained its foot-hold.-S. G. Stewart, M. D. Kansas Medical College.

One fights shy of having to operate

upon patients who are alcoholic, because of the degeneration of their tissues - they do not heal well inspite of the asepticism of the present day. W. McAdam Hceles, M. S.

Trying to cure consumption with whisky is like trying to put out a fire with kerosene - John E. White, M. D., Medical Director, Nordrach Ranch, Sanatorium.

Besides its deleterious influence on the nervous system and other important parts of our body, alcohol has a harmful action on the phagocytes (white blood corpuscles), the agents of natural defence against infective microbes - Professor Metchnikoff, Pasteur Institute, Paris.

Alcohol is one of the chief curtailers of life. The man of twenty who drinks has a probable life of fifteen years before him, the abstainer one of forty four years - Professor Lowbroso, Italy.

Alcohol perverts the moral nature, affects the judgment and impairs the memory, it,

moreover, especially affects the motor system and creates an enormous loss to the community through destroying the productiveness of the skilled craftsman -.Dr. Robert Jones.

In a few statements given above out of so many are set forth the expert opinions of some of the most eminent medical authorities of the world in regard to a most important problem of the human Society as affecting its physical health and all-round well being. Due to considerations of space many valuable comments from persons of great eminence have had to be omitted. the mere listing of their names would need several pages. Nor would such an exhaustive list serve any useful prupose. Suffice it to say that not only the physicians, the surgeons and the professors of medical institutions in their individual capacity, have given their unequivocal verdict against this dreadful enemy of Society, but also in their collective voice

through the mouth-piece of their organized associations all over the world they condemn its evils in no less emphatic terms. It would be tedious task to recount the resolutions of such associations in the space available here. Yet a few such warnings from highly outstanding expert bodies do bear mention, to bring out the collective views of the medical professor. The Neurologists in session at Chicago thus delivered themselves on this problem. Whereas, in the opinion of the Neurologists of the United States in convention assembled, it has been definitely established that alcohol when taken into the system acts as a definite poison to the brain and other tissues and, whereas, the effects of this poison are directly or indirectly responsible for a large proportion of the insane, epileptic, feeble-minded and other forms of mental, moral and physical degeneracy; and whereas, many hospitals for the insane and other public institutions are now compelled to admit and care for a multi-

tude of inebriates ; and, whereas, many states have already established separate colonies for the treatment and re-education of such inebriates with great benefit to ,the individuals and to the Common-wealths ; therefore be it.

Resolved, that we unqualifiedly condemn the use of alcoholic beverages.

Resolved that we recommend the general establishment by all the States and Territories of special colonies of hospitals for the care of the inebriates; and

Resolved that organized medicine should initiate and carry on a systematic, persistent propaganda for the education of the public regarding the deleterious effects of alcohol;

The West Virginia State Medical Association thus expresses its views : Whereas the study of alcohol from a scientific stand-point has demonstrated that its action is deceptive and that it does not have the medical properties that were once claimed for it; now therefore be it

Resolved by the West Virginia State Medical Association that we deplore the fact that our profession has been quoted so long as claiming for its virtues which it does not possess and that we earnestly pledge ourselves to discourage the use of it, both in and out of the sick room.

The Medical Society of the state of North Carolina, Resolved that it will use its best efforts to discourage the use of alcohol in any form.

Resolved second it is the sense of this Society that any member of the profession who does promiscuous or unnecessary prescribing of alcohol either to patients or to non-patients is violating one of the principles of our profession and is deserving of censure.

Whereas it is one of the chief contributing factors to poverty, misery and CRIME.

The American Nurses Association in their convention adopted the following resolution:

The American Nurses Association believe, that alcohol lessens vital RESISTANCE? FOSTERS poverty and all the diseases that come from poverty, hindering the progress of the community;

The pronouncement of the Life Extension Institute of America consisting of ninety four of the most eminent Americans, including professors from the leading universities, the Surgeon General of the United States Army and distinguished physiologists of Medical Faculties.

Faculties:- is worthy of the deepest consideration vis-a-vis the problem of alcoholism. It runs as follows

"Experimental laboratory work has kept pace with Statistical investigation and the knowledge gained from the laboratory, not only in experiment on animals but on man himself, shows that a higher death rate among alcohol users is what we would naturally expect to find in the light of what we know regarding its effects on the

body. One half to one quart of beer is sufficient to distinctly impair memory, lower intellectual power and retard simple mental processes, such as the addition of simple figures. The narcotic or deadening influence is first exerted on the higher reasoning powers that control conduct, so that the lower activities of the mind and nervous system are for a time released. The every-day well-poised, self-controlled man goes to sleep, as it were, and the primitive man temporarily wakes up. Eventually the nervous system is narcotized and the drinker becomes sleepy. Muscular efficiency is at first increased a little and then lowered, the total effect being a loss of working power. Alcohol is a handicap for the nation at war. It is a handicap for an individual in the struggle for existence. This is not the judgement of scientists alone, nor of weak and faddists, out of the big-brained, strong-fibered men upon whom has fallen the tremendous burden of guiding great nations through the greatest crisis of history."

IS ALCOHOL A MEDICINE?

Whereas, it is the unanimous opinion of the Council on Health and Public Instruction of the A.M.A. that alcohol has no drug value, either as a stimulant, as - a tonic, or as a therapeutic agent, and that it has no food value; and WHEREAS, its use as a beverage or as a therapeutic agent is detrimental rather than beneficial to the individual. Therefore, be it resolved that the House of Delegates of the A.M.A. declares it as opposed to the use of alcohol by individuals either as a medicine or as a beverage, and be it further resolved that its use in medicine is permissible only in the preparation and preservation of Pharmaceutical products. (Resolution passed by House of Delegates of American Medical Association 1917).

GOPSEL ADVOCATE SAYS:

Statistics show that ten thousand people are killed by liquor and one is killed by a mad dog;

yet we shoot the dog and license the liquor
What sense is there in this?

(REPUBLIC OF SOUTH AFRICA) MR. R.B.
DURRANT SAYS:

If drink is an evil thing, let us prohibit it
to all races in this country.

JAPANESE PROVERB:

First the man takes a drink, then the drink
takes the man.

DR. CHARLES RICHEL OF PARIS SAYS:

This (alcohol) poison is a recognised poison.
We all know this. The noxious effects of alcohol
are as obvious as the, light of moon day sun. It
is common knowledge that it is a poison, and
yet people persist in poisoning themselves.

MR. W. JAY SAYS:

The curse of intoxication. Drunkenness takes
away the man, and leaves only the brute;
it dethrones reason from its seat, stupefies
conscience; ruins health, wastes property, covers

the wretch with rags; reduces wife and children to want and beggary, and gives such power to appetite that physically as well as normally, it is next to impossible to cure it.

**SIR ALFRED PEARCE COULD, K.C.V.O.,
M.S., F.R.C.S. SAYS:**

Alcohol lessens man's power of physical endurance, delays recovery from fatigue, increases the ill-affect of great heat or cold, blunts the senses, retards nerve response, diminishes self-control, blurs the judgement.

PROFESSOR A TOYNBES SAYS:

This spirit (of Islam) may be expected to manifest itself in many practical ways and one of these manifestations might be liberation from alcohol which was inspired by religious conviction and which was, therefore, able to accomplish what could never be enforced by external sanction of an alien law.

DR. CHARLES RICHEL OF PARIS SAYS:

Kings, Parliaments, Academies, Ministers, all those who claim to lead the masses, though well aware that alcohol degrades the people, do nothing to prevent this degradation. This is not merely stupid but shameful.

DRINKING

BISHOP CARPENTER SAYS:

It (Islam) has set an example of sobriety to the world and has shielded its followers from the drink plague which destroys the strength of the nations.

GLADSTONE SAYS:

THE COMBINED HARM OF THE THREE GREAT SCOURGES - WAR, FAMINE AND PESTILENCE - IS NOT AS TERRIBLE AS THAT OF WINE DRINKING.

DAVID M. KAY SAYS:

The success of Islam in persuading its adherents to abstain from the use of wine is a notable achievement.

EVENING STANDARD (Special Correspondent)

Alcohol has none of the vitamins or minerals necessary for good health.

SIR WILLIAM WILEOX, M.D. SAYS:

Alcohol poisons the vital cells of the body, acts directly upon the nervous system and the brain, impairing one's higher faculties, judgement, conception and control long before the least symptoms of drunkenness appear.

DR. CHARLES RICHET OF PARIS SAYS:

It is the drunkards who fill our hospitals and lunatic asylums.

By devising this un-natural product (alcohol) unknown to animals, man has increased his sorrows.

EXTRACT FROM "LIFE AND HEALTH",

March 1969, Page 4

**EARLY DETECTION IS PROTECTION
KNOWN THESE EARLY WARNING SIGNALS
OF ALCOHOLISM**

- 1, Difficult to get along with when drinking.
2. Drinks "because he is depressed".
3. Drinks "to calm his nerves".
4. Drinks until "dead drunk" at times.
5. Can't remember parts of some drinking episodes.
6. Hides liquor.
7. Lies about his drinking.
- 8- Neglects to eat when he is drinking.
9. Neglects his family when he is drinking.

**ISLAM'S APPROACH TO THE PROBLEM
OF DRINK**

**The first hint regarding the evil of drink was
in a general command to the effect: Say,**

"Verily did prohibit my Lord shameful deeds-those apparent of them and those concealed, and sin and rebellion without (any) right, and that ye associate with Allah, for which hath not been sent down any authority and that ye say against Allah what ye know not " (Al-Qaran 7/33)

This general command includes all kinds of indecencies and the scholars of exegesis, particularly take the word "them" sin to refer to drink.

This general command is made more explicit in verse No. 219 of the Chapter Al-Bagarah, which makes the positions vis-a-vis all kinds of intoxicants more clear. It is to the effect,

"They ask thee, concerning wine and lots (gambling and games of chance), say in both these is gaeat Sin, and also (some) profits for men, but their sin is greater than their profit ". (Al-Qaran 2/215). Here we have a clear indication of the attitude of Islam, towards two of the vilest evils, which

corrupt human society, with the revelation of this verse, many of the believers gave up drinking, becoming fully conscious of the underlying force of the verse.

It has been related that in the absence of a categorical prohibition, the use of liquor in social gathering did not cease. In a certain assembly it so happened that under the influence of drink, the prayers were conducted in an atmosphere lacking decorum and due reverence, whereupon the Divine Command was issued more categorically in regard to the use of drink at prayer times, to the following effect

"O ye who believe! Approach not prayer when ye are intoxicated, until ye know (well) what ye say." (Al-Qurau 4/43).

This command practically decided the attitude of Islam, and the believers began to expect the final categorical word of prohibition, which came in due course, in the following strain

"O ye who believe! Intoxicants and games of chance. (dedication of) stones (i.e., idols) and (divination by) arrows, are only an abomination of Satan's handi-work, so be ye away from it, so that ye may be successful (Al-Quran 5/93).

And with this final verdict alcohol and other specified evils vanished from the Muslim Society, as by a magic wand, The announcement of the ban effectively sealed the fate of the evil. And how did Islam achieve its unique civilisation? This question baffles the modern social worker, who finds it hard to convince the victims to slow down to moderation in not only drinks but other obnoxious habits as well. It was a process of educating and gradually disciplining the minds of the votaries of Islam to generally submit to Divine dispensations unconditionally, without demur. They were taught and trained to see that the evanescent pleasures of the moment were of no weight as compared with higher happiness that comes of absolute sub-

mission to the commands of the Almighty Allah. With this mental equipment they could stand any incitement of the devil, including the inviting pleasures of self-forgetfulness in drink.

They were disciplined in the fundamentals of healthful living, as directly flowing from obedience to Divine Laws, which to them were the source of pure good in this and the other life. This attitude on their part engendered a spirit of self control under all circumstances. They needed no persuasion or threats to refrain from or to undertake any activity demanded of them. The simple command or prohibition issuing from Divine Authority was their motive for action. Of course consequences followed that yielded them unexampled bliss in the present and of perfect hope for the future. Reality was unfolded to them in all iridescent magnificence, with an inviolable message of everlasting good. How could they, then, be enamoured of the fleeting satisfaction of drink. They were freed of all

worries and fears, from which the less fortunate seek an escape by flights from Reality into the Nirvan of self-forgetfulness. Even before the categorical command came round, the more sedate among them had taken to abstinence, taking their cue from the hints that were conveyed by revelation of verses, purporting to make them beware of the obnoxiousness of the evil.

The evil of drink is universally condemned by all sane religions of the world, and yet the votaries of Bacchus have been able to bribe the authorities in religion as well as in politics to manipulate the relevant commands of the scriptures to their own views. They manage to get the terms used by the scriptures in this behalf to mean something other than the intoxicants in favour with them, which they cleverly inano-euvre to get excluded from the operation of the Divine commandments. The relevant passages in the old as well as the New Testaments, are

very explicit on the point of the evil of the intoxicants, despite whole-sale distortions in the text. Very severe penalties are prescribed for the use of liquors by the old scriptures. Western mind, however, in mad pursuit of carnal pleasures, has thrown over-board the directives in this behalf, and plunged the society into a vortex of untold misery and affliction. In the short space here available, however, we cannot take stock of the Biblical views fully in the matter of alcoholic drinks. Suffice it to say, that every thing that is disturbing to the forceful relations of men, has been adequately provided against by Divine revelations, from the first day of the advent of man on this earth. Whether he would heed the exquisite guidance and reap supreme bliss of eternal life or not, is left to his free choice.

Here we may just refer to some of the amplifications of the Divine ban on the use of liquors, as made by the Holy Prophet (S. A.) and his own followers, reported in authentic books

of (*Ahadith*) Traditions and the commentaries thereon.

These pronouncements, may be classified as those that refer to the business of intoxicants in general - the manufacture, sale and handling, etc. of liquors - and those that relate to the physical, mental, moral spiritual harm that results to the person using them. The Holy Prophet (S.A.) is reported to have said to the effect: Anything that intoxicates a person, comes under the heading '*Khamr*' (alcohol) and its use is unlawful. In another narration he (S.A.) is reported to have said to the following effect: Dealing in intoxicants is unlawful,

Anas bin Malek has reported that the Holy Prophet (S.A.), cursed ten persons in connection with intoxicants: (i) One who distills liquor, (ii) the distillate itself, (iii) the one who drinks, (iv) the one who offers the liquor to others. (v) The one who carries liquor, (vi) The one for whom liquor is carried, (vii) The one who sells liquor,

(viii) The one who buys liquor, (ix) The broker in the business of liquor, (x) Tho one who makes use of the sale proceeds of liquor.

Imam Hazrat Ja'far-as-Sadiq (A.S.) says of the one who drinks as one who worships idols, and he comes to suffer from involuntary jerkings, and to sing all night, manliness and magnanimity he takes to vice, bloodiness and unlawful actions like fornication and every kind of villainy under the influence of drink.

THE HOLY PROPHET (S.A.) IS REPORTED TO HAVE SAID TO THE FOLLOWING EFFECT ACCORDINC TO ANOTHER NARRATION; AFTER THE DIVINE BAN ON LIQUOR THROUGH MY WORD, IT IS NOT PERMISSIBLE TO ENTER INTO MATRIMONIAL RELATIONS WITH ONE, WHO DRINKS LIQUOR. OR TO CREDIT HIS STATEMENT, OR TO ACCEPT ANY TESTIMONY OF HIM, OR TO ENTRUST HIM WITH ANY CHARGE UNDER AN

IMPRESSION OF HIS INTEGRITY, FOR THEN ALLAH WILL NOT GUARANTEE HIS FAITH, NOR RECOMPENSE ANY ONE FOR IT.

HAZRAT AMIRUL MOMININ ALI (A.S.) WAS ASKED IF HE (A.S.) REGARDED DRINKING AS A MORE HEINOUS SIN THAN ADULTERY. TO THIS HE (A.S.) REPLIED THAT HE (A.S.) DID, BECAUSE THE VICE OF ADULTERY DID NOT INCITE THE SINNER TO ANY OTHER SIN, WHILE A DRINKER IS LED OFF TO ADULTERY, TO THIEVING, TO MAN SLAUGHTER AS ALSO TO FORSAKE PRAYERS.

Hazrat Imam Baqir (A.S.) has said the drinker will rise black-faced on the Doomsday, with his tongue protruded from his mouth, dripping saliva on his chest - a state which the Almighty Allah is perfectly justified to place him in on the Day of Judgement.

The Holy Prophet (S.A.) is reported to have said to the following effect

The Almighty Allah has sent me to be a Mercy to the worlds, to ban the musical instruments, indecencies and the symbols of Ignorance. The Almighty Allah, on oath says that He will make a person drink of the Hellish liquor, if he drinks wine in this word, whether he be of the condemned or the forgiven.

It was because of such stern views of Islam on drink, coupled with the fundamental teachings on discipline and moral training, that a problem which baffles modern man for a solution, was solved so effectively and finely.

Islam discountenances all intoxicants and the severest penalties are provided for those who transgress the limits in this behalf. Flogging is prescribed for the first offender and if the delinquent persists in his perverted taste, he is liable to the penalty of death even according to Islamic Laws.

It must, however, be emphasised in all matters of obligations and prohibitions that every commandment is enforced in the interests of the Society and the individuals composing it - to close all those avenues that lead to disorder and disintegration and to establish an orderly society on earth, working for the good of every one of its citizens.

The Western countries, infatuated with the powerful gadgets supplied by their technology and science proceeded to ignore the fundamental laws laid down by Benign Providence for man's good in the matter of alcohol and other allied misdemeanours. The recent events of their history have amply demonstrated the folly of such a course. They are now trying to retrieve their losses by recourse to half-hearted measures of propaganda and legislation, which, however, are leading them nowhere. Their helplessness is evidenced by the waves of crimes which sweep the body politic like night mares.

Had these people listened to the voice of reason, given by their religious scriptures, they would have avoided much of the unnecessary national and individual losses they have undergone. As Imam Baqir (A. S.) has declared, "Allah never raised any prophet, but with the knowledge that he would forbid the use of alcohol in the perfection of his faith, which has been in all ages forbidden." The Bible, though it has undergone whole-sale mutations and alterations, yet it is very clear in its verdict on the unlawfulness of alcohol as a drink. In verse No. 20 of the Amthal Sulaiman (A.S.) we find a condemnation of the drunkards and the people are warned against keeping company with them. In verse 39, this condemnation is further amplified by using words which mean: For whom is stressful strife? For whom is rage as well as ill-luck? For whom is bodily injury? And for whom is redness of eyes? (Who through warped reason, and emotional instability is a source of bodily injury, even death to others and himself

by his evil disposition). All such misdemeanours are the portions of the person who is habituated to drink. In the same context, Verses Nos. 31, 32, are to the effect, "Wine is rose-red in colour, which it displays in the bubbling goblet. It is clear and fine in appearance. Do not, however, cast a look at it, for it bites as a snake in the end and lashes like a viper". In verse 20 is laid down the penalty for the drunkard which is no less severe than the stoning to death of the offender.

In the gospel of Lucus, Chapter I, verse 15, we find, "He is dignified in the eyes of his Lord. He touches not drink or any other intoxicant. He is overflowing with the light of pure spirit".

In the book of Yulees, Chapter V, Verse 18, the words are to the effect.

"Do not get the intoxication of wine, for there is nothing but mischief therein. Rather betake yourself to the joys of the soul".

From the few references given above it will be seen that the revealed religions always looked with abhorrence on the evil of drink. They never allowed their followers to touch the unnatural substance to satisfy an unnatural craving, This has been the outlook of all sane persons throughout the ages, whether they belonged to any of the great religions, or they received the requisite guidance from their sturdy common sense, and powers of far-sighted observation.

In countries where the evils of drink are being recognised in respect of its bearing on the bodily and mental health of the individuals and the moral and special implications of the same, great efforts are being made to control the evil. Prohibition, wherever tried, has resulted in intensifying the evil. Legislation is powerless as a preventive. The right approach is that adumbrated by Islam, which insists on the fundamental principle of all-reform -the reform

of the soul- as pithily expressed by a great thinker, the soul of all improvement is the improvement of the soul.

PUNISHMENTS FOR DRINKING IN ISLAM FROM JUDGEMENTS OF HAZRAT ALI (A.S.)

THE HOLY MONTH OF RAMADAN

It has been reported by Kulaini on the authority of Jabir that once the poet Najjashi was brought to Hazrat Ali (A.S.) with the accusation that he was found drunk during the holy month of Ramadan.

The accusation when proved, Hazrat Ali (A.S.) ordered for whipping the poet by eighty lashes which was carried out.

The next morning the poet was ordered for another twenty lashes. When Najjashi asked Hazrat Ali (A.S.) the cause of the extra twenty

lashes, as the order of the Holy Quran in such cases was only eighty, the holy Imam (Hazrat Ali A.S.) replied:

"Twenty for discarding the chastity of the holy month of Ramadan.

THE FIRST CASE AFTER THE DEMISE OF THE HOLY PROPHET (S.A.)

It has been reported by Kulaini on the authority of Hazrat Imam Jafar as-Sadiq (A.S.) that a case was decided by Hazrat Ali (A.S.) in such a way that it was never decided before and that it was the first case after the demise of the Holy Prophet (S.A.).

"During the caliphate of Hazrat Abu Bakr, a man was found drunk and brought before the caliph, Hazrat Abu Bakr. The Caliph asked him as to whether he had drunk wine. In reply the man admitted to have drunk.

The Caliph asked him

"Why did you drink when it has been prohibited in Islam?"

The man replied:

"I am residing in the neighbourhood of some people who are habitual drinkers. Although I am a Muslim, but I have never heard that wine has been prohibited in Islam".

Hearing this Hazrat Abu Bakr looked at Hazrat Omar with a question mark in his eyes.

Hazrat Omar said

"This is just one of the cases that no one else than Ali could decide".

When the case was referred to Hazrat Ali (A.S.), he sent the man round in the city with some persons to ask the people as to whether any one had recited to him the verse of the holy Quran whereby wine was totally prohibited. And when it was proved that none had done so, the man was released with a warning never to drink in future", (also carried by Nasikhu

t-Tawarikh: Vol 2, p-731; Buharij : Vol. 9, p-483; Manaqib : Vol. 2, p-178)

A CASE OF PENALTY WITH REGARD TO DRUNKARDS

Four persons drank wine, quarrelled among themselves and stabbed one another with the result that two of them died on the spot and two others who survived were wounded in the brawl. Hazrat Ali (AS) ordered for eighty whips each to the wounded and also ordered them to pay the penalty to the inheritors of the deceased after deducting the penalty for their wounds. He also added that in case any of the wounded persons or both of them died then inheritors had nothing to pay to the inheritors of the murdered.

According to another report he said that the penalty was due from all the four tribes of the persons concerned. The amount of penalty which had to be paid to the wounded would however, be deducted from the total amount of

penalty to be paid to the inheritors of the murdered because it was quite possible that they might have murdered each other,

Manaqib Shahr Aashob: No. 2, p-200 through Abu Turab : p-227)

DRINKING (Alcohol)

According to an order of Hazrat Ali (A.S.) if some one drinks once, twice or thrice he will be punished by eighty whips each time, but if he repeats the crime for the fourth time he will be beheaded. (Qaza and Teha ; p-162)

DERIVING WRONG MEANING FROM THE VERSES OF THE HOLY QUR'AN

During the Caliphate of Flazrat Omar, Qudama bin Mazoom drank wine. The Caliph (Hazrat Omar) wanted to punish him by whipping, but the accused Qudama recited the following verse from the Holy Quran

"There is no harm if the believers and those who do good deeds eat and drink according

to their own choice, provided they continue fearing Allah and doing good deeds".

Having heard of the above verse beautifully pronounced by Qudama as an argument in his favour Hazrat Omar forgave him and acquitted him of the charge of drinking.

When Hazrat Ali (A.S.) heard of it, he said to Hazrat Omar

"Qudama does not come under the definition of those who have been mentioned in the verse in question and therefore certainly not under declaration made therein as the very first words of the verse refers to those who do not lead a prohibited way of life and abstain from what has been forbidden by Allah.

Proceeding further Hazrat Ali (A.S.) asked Hazrat Omar as to how a person who does not care for the commandments of Allah could come under this declaration by Allah in the Holy Quran, Therefore, Qudama must offer peni-

tence, otherwise, he does not remain a Muslim and has to be beheaded.

When Qudama heard of this he came at once and offered penitence.

Hazrat Omar hearing this well argued point from Hazrat Ali (A.S.) wanted to punish Qudama for drinking as he had already offered penitence for deriving wrong meaning from a verse of the Holy Quran, but he did not know the number of blows of whip to be struck on the body of a person accused of drinking. He, therefore consulted Hazrat Ali (A.S.) in the matter.

Hazrat Ali (A.S.) explained it as under:

"After drinking one becomes intoxicated and under intoxication one is addicted to slandering, As the punishment for slandering is eighty strokes of a whip, the punishment for drinking if calculated in this way amounts to the same number of strokes by a whip i.e. eighty strokes."

Hazrat Omar punished Qudama accordingly (Behar : Vol. 9, p-483).

FROM THE HOLY QUR'AN:

- (i) *They ask thee (O' Prophet Muhammad) concerning wine and lots (gambling and games of chance); Say, in both these is great sin and also (some) profits for man; but their sin is greater than their profit, (2: 219)*
- (ii) *O' ye who believe: intoxicants and game of chance, dedication of stones (i.e. idols) and divination by arrows, are only an abomination of Satan's kandi-work, so be ye away from it so that ye may be successful. (5: 90)*
- (iii) *The Satan only desireth to cause enmity and hatred in your midst through intoxicants and gambling and keeps you away from remembering Allah and from prayer; will ye then abstain (from them)? (5: 91)*

- (iv) *O' ye who believe! approach not prayer when ye are intoxicated, until ye know (well) what ye say, nor when ye are polluted, unless ye be passing through, until ye wash yourself and if ye be sick, or on a journey, or one of you come from the privy or ye have toched the women and ye find not water then betake yourself to clean (pure) earth and wipe (with it) a part of your face and your hands i.e. make Tayammum; Verily Allah is pardoning: Forgiving (4: 43)*
- (v) *Say: Verily did prohibit my Lord only shameful deeds, those apparent of them and those concealed and sin and rebellion without (any) right, and that ye associate with Allah for which hath not been sent down any authority, and that ye say against Allah what ye know not.(7: 33)*

FROM HOLY PROPHET (S.A.):

- (i) Anything that intoxicates a person, comes under the heading *Khamar* (Alcohol) and its use is unlawful.
- (ii) Dealing in intoxicants is unlawful.
- (iii) Anas bin Malik has reported that the Holy prophet (S.A.) cursed ten persons in connection with intoxicants:-
 - (i) One who distills liquor, (ii) the distillate itself, (iii) the one who drinks (iv) the one who offers liquor to others (v) the one who carries liquor (vi) the one for whom liquor is carried (vii) the one who sells liquor, (viii) the one who buys liquor, (ix) the broker in the business of liquor (x) the one who makes use of the sale proceeds of liquor.
- (iv) After the Divine ban on liquor through my words, it is not permissible to enter into

matrimonial relations with one, who drinks liquor, or to credit his statement, or to accept any testimony of him, or to entrust him with any charge under an impression of his integrity, for then Allah will not guarantee his faith, nor recompense anyone for it.

- (v) The Almighty Allah has sent me (Holy Prophet) to be a Mercy to the universe, to ban the musical instruments, indecencies and the symbols of Ignorance. The Almighty Allah, on oath says, that He will make a person drink of the Hellish liquor, if he drinks wine in this world, whether he be of the condemned or the forgiven.
- (vi) Three kinds of persons will not be able to enter Heaven:-
 - (i) Those who always drink wine.
 - (ii) Those who are always busy with magic.

- (iii) Those who are accustomed to break relations with relatives.
- (vii) When somebody had the first sip of alcoholic drink Allah thereby put him on a series of five trials, firstly: hard heartedness, secondly Gabriel, Michael and Israfil and the whole lot of angels will forthwith disown him, thirdly the entire group of Prophets (A.S.) will repudiate him, fourthly Allah Himself will disown him and fifthly he will enter headlong into the hell fire.
- (viii) NEVER DRINK WINE FOR IT IS A ROOT OF ALL EVILS.
- (ix) Whoever drinks liquor, Allah will not accept his prayer.

FROM HAZRAT ALI (A.S.):

- (i) The drunkenness of overweening conceit and pride passes off more slowly than that of wine.

- (ii) Hazrat Ali (A.S.) was asked if he regarded drinking as a more heinous sin than adultery. To this he replied that he did, because the vice of adultery did not incite the sinner to any other sin, while a drinker is led of to adultery, to thieving, to man slaughter as also to forsake prayers.

The drinker will rise black-faced on the Doomsday, with his tongue protruded from his mouth, dripping saliva on his chest - a state which Almighty Allah is perfectly justified to place him in on the Day of Judgement.

FROM HAZRAT IMAM JA'FAR-E-SADIQ (A.S.)

One who drinks is as one who worships idols, and he comes to suffer from involuntary jerkings, and losing all light manliness and magnanimity, he takes to vice, bloodiness and unlawful actions like fornications and every kind of villainy under the influence of drink.

Allah has fixed some locks to evil and the key to those locks is wine; and worse than wine is lying.

LIBERATION FROM ALCOHOL BY ISLAM

GOPSEL ADVOCATE SAYS:-

Statistics show that ten thousand people are killed by liquor and only one is killed by a mad dog; yet we shoot the dog-and license the liquor. What sense is there in this?

THE COURSE OF INTOXICATION

MR: W. JAY SAYS:-

Drunkenness takes away the man, and leaves only the brute; it dethrones reason from its seat, stupefies conscience; ruins health wastes property, covers the wretch with rags; reduces wife and children to want and beggary, and gives such power to appetite that physically as well as morally, it is next to impossible to cure it.

SIR WILLIAM WILEOX, M.D. SAYS:-

Alcohol poisons the vital cells of the body,, acts directly upon the nervous and the brain, impairing one's higher faculties, judgement, conception and control long before the last symptoms of drunkenness appear.

GLADSTONE SAYS:-

The combined harm of the three great scourges-war, famine and pestilence is not as terrible as that of wine drinking.

**SIR ALFRED PEARCE COULD,
K.C.O.M.S, F.R.C.S., SAYS:-**

Alcohol lessens man's power of physical endurance, delays recovery from fatigue, increases the ill-effect of great heat or cold, blunts the senses, retards nerve response, diminishes self-control, blurs the judgement.

PROF. A. TOYNBEE SAYS:-

This spirit (of Islam) may be expected to manifest itself in many practical ways and one of these manifestations might be liberation from alcohol which was inspired by religious conviction and which was therefore able to accomplish what- could never be enforced by external sanction of an alien law.

**NOTABLE ACHIEVEMENT BY ISLAM
DEVID M. KAY SAYS:-**

The success of Islam in persuading its adherents to abstain from the use of wine is a notable achievement.

**ISLAM HAS SET AN EXAMPLE
BISHOP CARPENTER SAYS:-**

It (Islam) has set an example of sobriety to the world and has shielded its followers from the drink plague which destroys the strength of the nations.

The End